Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

A Guide for Adolescents and Young Adults (AYAs): Nutrition and Exercise Resources

This information explains nutrition and exercise resources offered at MSK and other organizations.

Nutrition Resources

The food you eat during and after cancer treatment can play an important role in your recovery. Cancer and treatment can change how you eat and what you're able to eat. This information will help you find a healthy diet that's right for you.

MSK's Medical Nutrition Therapy Services

www.mskcc.org/experience/patient-support/nutrition-cancer/medical-nutrition-therapy-services

Our Medical Nutrition Therapy Services offer nutrition therapy based on research. We can help you manage nutrition concerns, including those related to your cancer diagnosis. These can include:

- Side effects that affect nutrition during and after treatment.
- Use of multivitamins, minerals, and other natural or herbal products.
- Managing weight gain and weight loss.
- Special and restricted diets.

For more information or to make an appointment, call 212-639-7312.

Diet plans for people with cancer

www.mskcc.org/experience/patient-support/nutrition-cancer/diet-plans-cancer

MSK created guides for some of the most common diet plans that people are asked to follow during cancer treatment. We have information on many kinds of diets, including bland, cardiac, low-calorie, and carb-counting. Each guide gives an overview of what the diet is, helpful tips, and easy-to-follow recipes from our nutrition experts.

American Cancer Society

www.cancer.org/treatment/survivorship-during-and-after-treatment/coping/nutrition.html

This organization offers an online nutrition library for people with cancer. Topics include:

- Benefits of good nutrition during treatment.
- Preparing for treatment with good nutrition.
- Eating well during treatment.
- Food safety during cancer treatment.
- Low-fiber foods.
- Managing eating problems caused by cancer treatments.
- Eating well after treatment.

National Cancer Institute

www.cancer.gov/publications/patient-education/eatinghints.pdf

This group offers an online guide called Eating Hints: Before, During, and After Cancer Treatment. It has recipes, a guide to foods and drinks, and information about eating issues during treatment.

Exercise Resources

Exercise is an important part of a cancer treatment plan. Research shows that regular exercise can help both your physical and mental health during your treatment. Even if you were not active before your cancer diagnosis, an exercise program can help you get moving safely. **Talk with your primary care provider before you start an exercise program.**

MSK's Integrative Medicine and Wellness Service
www.mskcc.org/integrativemedicine
Our Integrative Medicine and Wellness Service offers many services to complement (go along with) traditional medical care, including music therapy, mind/body therapies, dance and movement therapy, yoga, and touch therapy. To schedule an appointment for these services, call 646-449-1010.

You can also schedule a consultation with a healthcare provider in the Integrative Medicine and Wellness Service. They will work with you to come up with a plan for creating a healthy lifestyle and managing side effects. To make an appointment, call 646-608-8550.

MSK's exercise resources

- *Exercise During and After Cancer Treatment: Level 1* (www.mskcc.org/pe/exercise-during-after-treatment-1). This resource explains how you can get enough exercise after your cancer treatment. It's for people who do not currently exercise.
- *Exercise During and After Cancer Treatment: Level 2* (www.mskcc.org/pe/exercise-during-after-treatment-2). This resource explains how you can get enough exercise after your cancer treatment if you already exercise.
- *General Exercise Program: Level 1* (www.mskcc.org/pe/general-exercise-1). This resource explains how to start a general exercise program that will help you with your physical recovery.
- *General Exercise Program: Level 2* (www.mskcc.org/pe/general-exercise-2).

This resource explains exercises you can do to help you with your physical recovery if you already exercise.

External exercise resources

American Cancer Society: Physical Activity and the Person with Cancer
www.cancer.org/treatment/survivorship-during-and-after-treatment/be-healthy-after-treatment/physical-activity-and-the-cancer-patient.html

Cancer Research UK: Exercise Guidelines for Cancer Patients
www.cancerresearchuk.org/about-cancer/coping/physically/exercise-guidelines

Journal of Clinical Oncology: Physical Activity Tips for Survivors
www.cancer.net/survivorship/healthy-living/physical-activity-tips-survivors

America Society for Clinical Oncology: Video Series on Diet and Exercise
www.cancer.net/navigating-cancer-care/videos/young-adults-cancer/diet-and-exercise

For more information about our other programs and support services, read *Support Resources for Adolescents and Young Adults (AYAs)* (www.mskcc.org/pe/aya_support_resources).

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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