

# **New American Cancer Society Nutrition Book Provides Guidance to Help Cancer Patients and Survivors Eat Well and Stay Well**

**An invaluable resource for anyone who has experienced cancer, is undergoing treatment, or is interested in making positive changes in the way they eat**

ATLANTA— July 13, 2010—Eating well is important for everyone, but for the more than 11 million cancer survivors living in the United States, eating well is essential. Good nutrition can boost the immune system and reduce the risk of infection as people undergo treatment, and can help a person's body heal after the stress of therapy. [The American Cancer Society Complete Guide to Nutrition for Cancer Survivors, Second Edition](#) covers everything a person with cancer should know about eating well before, during, and after treatment.

Cancer treatment affects everyone in a different way, and people with cancer have unique nutritional needs and issues related to eating. In this book, readers will learn how to create a healthy diet that works for them; make good decisions about what to eat; prepare for cancer treatment; maintain a healthy body weight; cope with treatment-related fatigue; strengthen the immune system; cope with changes in eating and digestion; and make lifestyle choices to enhance survivorship. The American Cancer Society recommends asking the dietitian that works with you during treatment to help you create a nutritious, balanced eating plan after cancer as well.

“Good nutrition is essential during cancer treatment,” said coauthor Barbara L. Grant, M.S., R.D., C.S.O., L.D., clinical oncology dietitian at Saint Alphonsus Cancer Care Center, Boise, ID. “Advice on what to eat when you have cancer is everywhere, but this book explores many important facts about nutrition before, during, and after cancer in a readable format. Eating a balanced, healthy diet and being physically active will provide a solid foundation for a long, healthy life for cancer survivors as well.”

The book also contains a chapter on hot topics in nutrition and cancer, which explores the various claims that certain foods can cause cancer, prevent it, keep it from recurring or cause its return. Information is provided on the available scientific evidence surrounding foods, nutrients and dietary supplements. Topics covered include: coffee, flaxseed, garlic, ginger, green tea, sugar, omega-3 fatty acids, soy, broccoli, and lycopene.

In 2009 the Society published a cookbook titled *What to Eat During Cancer Treatment*, which helps cancer patients and their caregivers by providing great recipes and useful, comforting advice about cancer nutrition. The cookbook is a companion piece to the new *Complete Guide to Nutrition for Cancer Survivors*.

This book is just one resource from the American Cancer Society to help people get well, as the Society offers many programs that meet the immediate challenges most cancer patients face. Other programs include Road to Recovery, which provides transportation to and from treatment; Reach to Recovery, which pairs newly diagnosed breast cancer patients with trained survivors who

help them cope; and Look Good...Feel Better, which teaches female cancer patients beauty tips to manage the cosmetic side-effects of some treatments. Anyone can access these programs and services by calling 1-800-227-2345 or logging on to cancer.org.

### **About the authors**

**Barbara L. Grant, MS, RD, CSO, LD**, is the outpatient clinical oncology dietitian at the Saint Alphonsus Cancer Care Center, in Boise, Idaho. She is a board certified specialist in oncology nutrition. She received her Master of Science in Adult Education from the University of Idaho, her Bachelor of Science in Foods and Nutrition from Washington State University, and completed her Dietetic Internship at the University of Minnesota Hospitals and Clinics. She is a published author and has presented to professional and community organizations on a variety of diet, nutrition, and cancer-related topics. She has served on local and national boards, committees, and workgroups of the American Cancer Society, the National Cancer Institute, the Susan G. Komen for the Cure Foundation, the American College of Surgeon's Commission on Cancer, the Commission on Dietetic Registration, and the American Dietetic Association. She resides in Boise, Idaho.

**Abby S. Bloch, PhD, RD**, is executive director of programs and research for The Robert C. and Veronica Atkins Foundation. Previously, she was the director of the Clinical Nutrition Support Unit at Memorial Sloan-Kettering Cancer Center. She earned her Bachelor of Science from Cornell University, her Master of Science from Columbia University, and her PhD from New York University. Dr. Bloch was the chairperson for the American Cancer Society Advisory Committee on Nutrition and Physical Activity for five years, in addition to many years served as part of the committee. She has published numerous books, chapters in textbooks, articles in peer-reviewed journals, and other publications relating to nutrition and cancer prevention, cancer management, and clinical aspects of nutrition and diet. She resides in New York, New York.

**Kathryn K. Hamilton, MA, RD, CSO, CSO**, is an outpatient clinical oncology dietitian with the Carol G. Simon Cancer Center at the Morristown Memorial Hospital in Morristown, New Jersey. She also serves as an assistant professor at College of St. Elizabeth in Morristown and is an annual guest lecturer in clinical nutrition. She is a board certified specialist in oncology nutrition. She has published numerous articles in peer-reviewed journals, chapters in textbooks, and booklets on the subject of nutrition and cancer. She resides in Upper Saddle River, New Jersey.

**Cynthia A. Thomson, PhD, RD, CSO**, is an associate professor at the University of Arizona's Department of Nutritional Sciences. She is a faculty member at the University of Arizona Comprehensive Cancer Center. She is a board certified specialist in oncology nutrition. Most recently, Dr. Thomson was a nominee for the Sidney Salmon Memorial Award for Cancer Research in 2009, and she has received numerous awards for excellence in nutrition education. She received her Doctorate and her Master of Science in Nutritional Sciences from the University of Arizona and her Bachelor of Science in Nutrition and Dietetics from West Virginia University. She is a consultant for a number of health organizations, including the Fred Hutchinson Cancer Research Center in Seattle, Washington. She has published more than 80 articles in peer review journals, in addition to more than 20 chapters in textbooks. Dr. Thomson's areas of research interest include diet and cancer prevention and dietary methodology. She resides in Tucson, Arizona.

### **About the American Cancer Society**

The American Cancer Society combines an unyielding passion with nearly a century of experience to save lives and end suffering from cancer. As a global grassroots force of more than three million volunteers, we fight for every birthday threatened by every cancer in every community. We save lives by helping people stay well by preventing cancer or detecting it early;

helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight. As the nation's largest non-governmental investor in cancer research, contributing about \$3.4 billion, we turn what we know about cancer into what we do. As a result, more than 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call us any time, day or night, at 1-800-227-2345 or visit [cancer.org](http://cancer.org).

***American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer: ISBN: 0-944235-78-6 (trade paperback)***

Available June 2010 on [Amazon.com](http://Amazon.com), [www.cancer.org/bookstore](http://www.cancer.org/bookstore), and everywhere books are sold.

Claire Greenwell  
American Cancer Society  
Phone: (404) 417- 5883  
Email: [claire.greenwell@cancer.org](mailto:claire.greenwell@cancer.org)

---