



MUSCLE LOSS AND CANCER TREATMENTS

Depending on the type of cancer, **muscle loss can affect up to 60% of people** and may lead to:

- Generalised weakness and fatigue
- Difficulty doing day-to-day activities
- A longer hospital admission
- More severe treatment side effects
- Slower recovery after completing treatment

What causes muscle loss?

- ✓ Eating less than usual due to symptoms from cancer treatment such as loss of appetite or nausea
- ✓ Reduced physical activity levels
- ✓ Increased energy usage by the body
- ✓ Increased inflammation in the body

Preventing muscle loss is more effective than treating it: what can be done?



1
Speak to your doctor for advice or medication to help manage symptoms affecting your ability to eat (e.g., nausea, vomiting)



2
Aim for one of the following high energy, high protein foods at each meal and snack:

- Dairy foods including milk, cheese, yoghurt
- Eggs
- Meat including beef, poultry, lamb, or pork
- Legumes such as lentils, kidney beans and chickpeas
- Seafood including fish and shellfish
- Nuts or nut butters



3
Consider an oral nutritional supplement (ONS) which provides you with additional energy, protein, vitamins and minerals, and specialised ingredients, such as HMB*, which may further support muscle health.

* Beta-hydroxy beta-methylbutyrate



4 **Tips for consuming ONS**

- Take in smaller quantities with medications
- Serve chilled or warm for variety
- Add powdered ONS into other foods or drinks
- Alternate between flavours to reduce flavour fatigue

5
Include two-three sessions of strength training each week as this has been shown to retain muscle mass and prevent muscle loss

