

Weight Gain with Cancer Treatment

Sometimes patients gain weight with cancer treatments. This weight gain may be caused by some medicines, hormone therapy or chemotherapy. Some medicines cause the body to retain water. Talk to your doctor if you notice any weight gain.

Do not go on a weight loss diet without talking to your doctor first. Your doctor or dietitian will help you plan ways to manage your weight gain. Eating healthy meals and drinking liquids will help you feel better during treatment.

Try these tips to manage weight gain:

- Choose lean cuts of meat such as chicken, turkey, fish and lean beef.
- Choose low fat dairy products such as skim milk, 1% milk, and low fat or fat free cottage cheese or yogurt.
- Eat plenty of fruits and vegetables.
- Avoid high fat, high calorie snacks such as chips, cookies, candy and ice cream. Instead, snack on graham crackers, dried fruit or popcorn.
- Avoid using added fats such as salad dressings, margarine, butter, mayonnaise and gravy. Use low fat versions.
- Use low fat cooking methods such as broiling, baking and steaming to cook foods. Use nonstick pans so that no added fat is needed.
- Stay active and exercise to burn off the extra calories and help you feel better.

Talk to your doctor, nurse or dietitian about dealing with any eating problems you may have.

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Korodh Miisaan ka dib Daweyn Kaansar

Marmarka qaarkood waxa bukaanka u kordhi kara miisaan ka dib daweyn kaansar. Waxa laga yaabaa in korodhka miisaanka ay sabab u tahay dawooyinka qaarkood, daweynta hormoonka (hormone) ama daweynta adeegsata kiimiko (chemotherapy). Dawooyinka qaarkood waxay keeni karaan in jidhku xejisto biyaha. La hadal dhakhtarkaaga haddii aad dareentid wax ah korodh miisaan.

Ha bilaabin qorshe yareyn miisaan adiga oo aan marka hore la hadlin dhakhtarkaaga. Dhakhtarkaaga ama nafaqo-yaqaanka ayaa kaa gargaari doona siyaabo aad ku maamushid korodhka miisaanka. Cunista cuntooyin caafimaad leh iyo cabista cabitaano ayaa kaa gargaari doona in aad fiicnaan dareentid inta lagu jiro daweynta.

Isku day talooyinkan si aad u maamushid korodhka miisaanka:

- Dooro hilib aan baruur lahayn sida digaag, turki, kaluun ama hilib lo' oo aan baruur lahayn.
- Dooro caano iyo wax laga sameeyay oo uu dufanku ku yar yahay sida caano subagga laga saaray, caano ah 1% milk, iyo jiis/faramaajo ama caano-fadhi (yogurt) dufan yar ama aan lahayn.
- Cun khudaar iyo cagaar badan.
- Iska ilaali cuntooyinka fudud ee leh dufan badan ama kaloori sare sida jibiska, busgudka iyo jalaatada. Beddelkooda, cunto fudud ahaan u qaado 'graham crackers,' khudaar la qalajiyay ama salool/daanjo.
- Iska ilaali dufanka kordhiska ah ee ku jira iidaanka saladhka/ansalaatada, maargariin, subagga, mayoonees iyo fuud. Isticmaal kuwo dufan yar.
- Isticmaal hababka karinta ee dufanka yar sida kalaankalka, dubista iyo uumi-ku-karinta si aad cuntada u karisid. Isticmaal digsiyo aan wax ku dhagaynin si aanad ugu baahan dufan aad ku dartid.
- Noqo qof firfircoon oo samee jimicsi si aad u gubtid kalooriyada dheeraadka ah oo taasi kaaga gargaarto in aad fiicnaan dareentid.

Dhakhtarkaaga, kalkaalisada, ama nafaqo-yaqaanka kala hadal wixii ah dhibaatooy cunis ee aad qabtid.

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