Cancer Patients: Malnutrition and Interventions

What We Know
- Cancer refers to over 100 types of malignant neoplastic diseases that have the ability to grow uncontrollably and metastasize throughout the body. The two major types of cancer are sarcoma, which develops from connective tissue (e.g., muscle and bone), and carcinoma, which is found in epithelial tissue (e.g., lung, breast, prostate, skin). Sarcoma is more prevalent in young persons and carcinoma is more common in older adults.\(^\text{1,2,3,5,6}\)
- In the United States, cancer is second only to heart disease as a cause of mortality. Of those cancer-related deaths, it has been speculated that 10–70% may be preventable by dietary alterations. In general, the

Signs and symptoms of malnutrition
- Poor reflexes
- Weak musculature
- Night blindness
- Headaches
- Constipation and/or diarrhea
- Bone/joint pain
- Spleen or liver enlargement
- Dry, brittle hair and nails
- Fatigue
- Listless or apathetic demeanor and/or confusion
- Significant weight loss
- Malnutrition is considered the cause of 20–40% of all cancer-related deaths. All patients with cancer should

Cultural Competencies, Drug Information, Guidelines and more

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