

Instant-Info: Nutrition for the Cancer Survivor

- I. General Cancer information by phone:
 - American Cancer Society @ 1-800-227-2345 (24 hours)
 - National Cancer Institute @ 1-800-422-6237 (only daytime)

- II. General Cancer information on websites recommended by the Medical Library Association:
 - American Cancer Society @ www.cancer.org
 - Association of Cancer Online Resources @ www.acor.org
 - Cancer Care, Inc. @ www.cancercare.org
 - National Cancer Institute @ www.cancer.gov

Also: People Living with Cancer @ www.plwc.org

- III. Specific information on Nutrition for the Cancer Survivor: Websites:
 1. Free brochures:
 - Eating Right during Cancer Therapy : from the ENSURE Health Connection
 - Nutrition: your ally during Cancer Therapy : from the ENSURE Health Connection

 2. Clip File folder on Nutrition: with Eating Hints for Cancer Patients
From the National Cancer Institute

 3. Books to be used in the library:
 - Beating Cancer with Nutrition by Patrick Quillin, PhD
 - Caregiving by Peter S. Houts, PhD / p. 116-126; also see Index, p. 287
 - Choices by Marion Morra / p.946-950
 - The Complete Cancer Survival Guide by Peter Teeley / p. 719-726
 - Everyone's Guide to Cancer Therapy by Malin Dollinger, MD/ p. 192-201
 - Informed Decisions by Harmon Eyre, MD / p. 291-306
 - Living well with Cancer by Katen Moore, MSN, RN/ p. 244-251, index,p.294
 - Supportive Cancer Care by Ernest H. Rosenbaum, MD/ p.211-283
 - Surviving Cancer by Margie Levine / p. 137-150

SPECIFIC CANCER COOKBOOKS:

Betty Crocker's Living with Cancer Cookbook by Kris Ghosh, MD

And Linda Carson, MD, both Gynecologic Oncologists

Contains basic nutritional information for cancer patients as well as recipes and menus coded to show which ones help with:(1)nausea, (2) mouth sores, (3) diarrhea, and (4) constipation.

Eating Well through Cancer by Holly Clegg & Gerald Miletello, MD

Visit her website @ www.hollyclegg.com or call 1-800-88HOLLY

Discusses what to eat at specific times:(1) day of chemotherapy and following treatment, (2) days of neutropenia (low white blood cell counts) (3) diarrhea, (4) constipation, (5) sore mouth, (6) suggestions for the caregiver, (7) post-treatment. Gives full nutritional analysis of each dish.