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Title

Nutrition and Cancer: A European patients perspective

Abstract

Nutrition is a **crucial component** of **cancer treatment** and **rehabilitation** as it helps patients better cope with illness. However, given the focus on the cancer and its cure, **nutrition is often neglected**, leaving patients and their families with doubts, questions and the need for practical guidance on how to eat better on a daily basis, especially during therapy.

Building up on a pilot survey, in 2016 the European Cancer Patient Coalition continued its efforts with a second round of the survey in order to have enough data and maximise the impact of the answers received. The new version was adapted in order to directly address individual **cancer patients** and **cancer survivors**. It aimed to describe and understand the perception of the importance of metabolic and nutritional problems among patients and cancer survivors. The study was conducted by a survey of cancer patients and survivors. A total **907 patients** and **survivors**, distributed in **10 European countries** (Finland, Italy, Spain, Czech Republic, Greece, Denmark, Slovenia, Romania, Poland, Bulgaria) answered the questionnaire with results showing a **substantial gap** in terms of **need for information** and **practical management of cancer-related** nutritional problems for people with cancer.

The European Cancer Patient Coalition (ECPC) presented **Poster #1450P** on **10 September 2017** at the **European Society of Medical Oncology (ESMO) Congress** in Madrid, Spain. ECPC's European survey of 907 people with cancer about the importance of nutrition **Abstract #3714** was also published in the **Annals of Oncology**, encompassing the perspectives of patients and their physicians on nutritional issues, and submitted to a peer-reviewed journal for publication.

On 1 June 2018, ECPC launched the **Living well during Cancer Treatment** Nutrition Booklet on the to address common questions patients might have about diet, nutrition and physical activity during cancer treatment, and provide essential patient information regarding nutrition and cancer which was endorsed by the European Society of Surgical Oncology (ESSO)

Key references

M. Muscaritoli, A. Molfino, F. Scala et al (2017)
European survey of 907 people with cancer about the importance of nutrition
https://academic.oup.com/annonc/article/28/suppl_5/mdx385.007/4109504

Living well during Cancer Treatment Nutrition Booklet
European Cancer Patient Coalition