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Title

"Nutrition and cancer: into a growing future"

Abstract

Advances in nutrition research will help cancer patients to live healthier, longer, and more productive lives. Personalised nutrition and medical strategies in cancer are moving towards the integration of greater understanding of nutraceuticals, body composition, inflammation, microbiome and gene expression. Innovative devices and technology will help guide people toward their lifestyle goals, and novel public health and nutrition education programs will empower patients to make wise food and lifestyle choices. Interdisciplinary and multi-professional cooperation will determine adequate nutrition care throughout the patients' disease journey and will dictate adequate research strategies. In contrast to investigators primarily working on their own, large, integrated research groups that reach across multiple disciplines will be more common. Combined efforts will be common, as teams of researchers pool their skills to address the most pressing health issues on global and individual levels. Greater collaboration among members of academia, industry, and government will be needed to address both global and local nutrition and health issues. Indeed, the power of food and nutrition in the oncology field will push a mandatory collaboration among members of academia, industry, government, and non-governmental organisations, with the goal of providing innovative and cost-effective solutions to help people enjoy healthier, longer, and more productive lives. An improved understanding of how diet can help regulate inflammation and the immune system will provide insights for health promotion and disease prevention and treatment, as well as for modulation of the disease activity and response to anti-neoplastic treatments. This knowledge will have a major role in improving disease prognosis, cancer survivorship and Quality of Life.

key references

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