



## Importance of nutritious meals in prostate cancer

A study of men receiving hormone therapy and/or chemotherapy treatment for prostate cancer demonstrated that patients may **experience changes in taste and smell of food during treatment**<sup>1</sup>

Patients with alterations in taste and smell may experience

# MORE THAN 10% WEIGHT LOSS<sup>1</sup>



Taking certain prostate cancer medications with **food may increase absorption and bioavailability**<sup>2</sup>



Prostate cancer patients with healthy eating habits may have a **greater chance of survival**<sup>3</sup>

Cancer patients' appetites may vary greatly. **Having the flexibility to take treatment with or without food may be helpful in adhering to their treatment regimen.**



It is important to regularly check in with your patients about their appetite, their nutrition, and their treatment-associated changes in taste and smell, and consider alternatives when necessary<sup>1</sup>

## References:

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2. Tamás Solymosi, Zsolt Ötvös, Angi R, et al. Development of an abiraterone acetate formulation with improved oral bioavailability guided by absorption modeling based on in vitro dissolution and permeability measurements. *Int J Pharm*. 2017;532(1):427-434. doi:10.1016/j.ijpharm.2017.09.031
3. Hamblen AJ, Bray JW, Hingorani M, Saxton JM. Physical activity and dietary considerations for prostate cancer patients: future research directions. *Proc Nutr Soc*. 2023;82(3):298-304. doi: 10.1017/S0029665123000046