

## **Anorexia**

Anorexia may be referred to as decreased appetite

Anorexia can vary from mild to severe and can interfere with your ability to drink enough fluids and eat enough food to maintain your weight.

### **Things you can do to minimize anorexia**

- Eat small, frequent meals
- Eat scheduled meals and snacks (do not wait to feel hungry), for example have a snack every two hours
- Eat bland foods (crackers, cereal, toast)
- Drink fluids with calories
- Keep your mouth clean
- Speak to a nutritionist
- Try relaxation methods (deep breathing, listening to music)

### **AVOID the following when you have nausea:**

- Avoid foods that are greasy, fried, spicy or with a strong odor

**Over-the-Counter medications (products) you can use to treat anorexia:** None

### **Medications that may be prescribed to treat anorexia;**

There may be medications that can be used to improve your appetite. Talk to your doctor about these medications.

### **When to call your oncologist or oncology nurse:**

- If you cannot drink or eat any liquids or solid food
- Not being able to keep food down
- Any questions or concerns