



### I have lost weight recently, why is this?

It is common for people with lung cancer to lose weight. There are many reasons for this; you may be eating less than you normally do or your body may not be absorbing enough of the food you eat. Continuous weight loss can be very upsetting and worrying, and it can be a constant reminder of your illness. Your healthcare team will monitor your weight and can refer you to a dietitian for advice on eating a balanced diet.

Tips to help you with weight loss:

- Try eating small frequent meals rather than three large meals a day.
- Eat meals that are small in portion size but high in calories. Add ingredients such as cream, cheese, full fat milk, butter, yoghurt whenever possible.
- Keep nutritious snacks handy, eat when you feel able and treat yourself to foods that you particularly enjoy.
- Try not to drink too much tea, coffee or water as these are low in energy and can fill you up. Try full fat milk, milky coffee or supplement drinks such as Complan or Build-up.

### I have lost my appetite, is there anything that can help me?

Loss of appetite is referred to by doctors as anorexia. It can affect many people who are affected by cancer and can be due to the cancer treatments or how your body is responding to the cancer. Other symptoms such as breathlessness, pain and constipation can all affect your appetite. Your GP or hospital doctor may prescribe a short course of steroids to increase your appetite, food intake and feeling of wellbeing. The dietitian can advise which foods would be best for you and suggest foods supplements to help you.

### GIVING HELP AND HOPE

The charity has two aims:

**Supporting people living with lung cancer** - Working closely with lung cancer nurses, we provide information, run lung cancer support groups and offer telephone and online support. Our patient grants offer some financial help to people affected by lung cancer.

**Saving lives** - We fund lung cancer research, campaign for better treatment and care for people who have lung cancer, and raise awareness of the importance of early diagnosis. Our lung cancer prevention work helps people to quit smoking and encourages young people not to start smoking.

**Call us on 0333 323 7200 (option 2)**

This information has been taken from the following sources:

Lung cancer—answering your questions: Managing lung cancer symptoms 2014