

Nutritional Support Package



Good nutrition is important to all but it becomes even more crucial for patients who are diagnosed with cancer or who are undergoing cancer treatment (radiotherapy/chemotherapy).

Cancer and its treatment can affect not only your appetite but also your body's ability to tolerate certain food and absorb the necessary nutrients.

Eating well while you are being treated for cancer can help you:

- Feel better
- Keep up your strength
- Maintain your weight and your body's store of nutrients
- Tolerate treatment related side effects
- Lower your risk of infections
- Heal and recover faster





Raffles Cancer Centre offers a nutritional support package for cancer patients

Nutritional Support Package

Package of 3 sessions @\$214 (inclusive of GST) includes:

- Consultation with a registered Dietitian for the assessment of patient's nutritional status and requirements
- An individualised meal plan
- Advice on coping with adverse effects of cancer treatment, such as:
 - » Loss of appetite/early satiety
 - » Nausea and vomiting
 - » Changes in taste
 - » Indigestion, bloatedness and wind
 - » Heartburn
 - » Problems related to mouth and throat
 - » Irregularities in bowel movement
 - » Constipation/ diarrhoea
 - » Weight loss/ weight gain
 - » Concurrent medical conditions such as diabetes, hypertension... etc
- Advice on suitable supplements to boost nutritional level
- Advice on diet after cancer treatment

Single sessions with the dietitian are also available upon request.

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