

Signutra®

USA



Let us not give up, and join the forces to stay

YOU UNITED against Cancer

A Guide for Fighting Cancer

Cancer is a group of more than 100 different diseases associated with cellular changes that cause uncontrolled growth and division of cells causing a formation of malignant or cancerous tumor.¹

IN INDIA, AROUND
2.25 MILLION
PEOPLE ARE ESTIMATED TO BE
**LIVING WITH
CANCER!**²

TYPES OF CANCERS OR CANCEROUS TUMORS

Solid tumors^{3,4}

- An abnormal tissue mass that does not contain liquid areas.
- Solid tumors may be non-cancerous or cancerous
- Lungs, breast, prostate, thyroid, colon, pancreas, oral

Liquid (blood) tumors^{3,5}

- Cancer begins in blood-forming tissue like the bone marrow, or in the cells of the immune system
- Blood cancers

SYMPTOMS OF CANCER

Though initial stages of cancer do not cause any symptoms, several symptoms which are common to illness, injury, benign tumors, or other problems often appear

Common Symptoms⁶

Bleeding or bruising
for no known reason

Fever or night sweats
for no known reason

Fatigue
that is severe and lasts

Weight gain or weight loss
for no known reason

Swelling or lumps
in the neck, underarm, stomach

Organ Specific Symptoms⁶



Breast changes

- Lump in breast or under the arm
- Nipple discharge and itchy, red, scaly skin



Bladder changes

- Trouble, pain while urinating and blood in the urine



Bowel changes

- Blood in the stools and changes in bowel pattern



Eating problems

- Pain and trouble in eating and swallowing with stomach pain, vomiting



Mouth changes

- A white or red patch anywhere in the mouth along with bleeding, pain, or numbness



Skin Changes

- A flesh-colored lump that bleeds or turns scaly
- A sore that does not heal

UNDERSTANDING THE TREATMENT

Cancer treatments are of several types and treatment usually is based on type and stage of cancer. Most people have a combination of treatments.⁷

Drugs used to kill cancer cells

Chemo-therapy



Targeted Therapy

Targets the changes in cancer cells and stops their growth and development

High dose radiation to kill cancer cells and shrink tumors

Radiation



Stem Cell Transplant

Restores blood-forming stem cells

Removal of cancerous tumor from the body

Surgery



Hormones

Slows or stops the cancers that use hormones to grow

Medicines help immune system to fight cancer

Immuno-therapy



Biomarker Testing

Helps doctors select most suitable treatments for the patients

SUPPORTING A LOVED ONE DURING TREATMENT

Coping with cancer and its treatment can be tough. Here are some tips to maximize the recovery.⁸

Communicate with your loved ones in an easy-to-go manner

Ask help of your loved one for household chores and find time to talk with them

Go to doctor appointments with your loved one and also take them to checkups and scans

Tell your concerns to your loved one so that they can help

Be together with family and friends for speedy recovery

Laugh together with your loved one by joking, sending fun or silly treats

Do exercise and eat healthy with your loved ones

Cancer patients don't want to be treated differently just because of cancer. Talk or be with your loved one like you did before.⁸

Let us not give up, and join the forces to stay



EATING WELL FOR STRONG SURVIVAL

Nutrition During & After Treatment

General nutrition recommendations for people receiving cancer treatment are as follows:⁹



Maintain a healthy weight



Get essential nutrients by eating well



Be as active as you can

One can get essential nutrients through dietary supplements and multivitamins and/or specific vitamins or minerals.



Side-effects and Nutrition

Treatment side-effects may make it hard to eat or drink. Here are some tips to eat healthy:⁹



If water tastes unpleasant, take more liquid foods



Eat small meals instead of large meals



Eat mints, or fresh citrus fruits in case of taste change

Multivitamins for any nutritional supplements should be taken under doctor's supervision only.

DO'S AND DON'TS FOR EATING WELL¹⁰



- Do have a personalized nutrition plan
- Do eat healthy, organic produce if possible
- Do stay hydrated
- Do eat protein-rich foods



- Don't eat big meals
- Don't stop consuming healthy after treatment
- Don't eat foods high in sugar
- Avoid eating fatty meals and junk foods

KNOW ABOUT NUTRITION SUPPORT

Nutrition support helps patients who cannot eat or digest food normally

Parenteral nutrition carries nutrients directly into the blood stream

About Nutrition Support¹¹

Enteral nutrition is a liquid given through mouth or the tube that is placed into the stomach or small intestine

Enteral nutrition is also called tube feeding



Let us not give up, and join the forces to stay

YOUUNITED
against Cancer

WAYS TO MANAGE LOSS OF APPETITE BY EATING WELL

Loss of hunger is a common thing for those undergoing cancer treatment. Here are some ways to manage it by eating properly.¹²

Drink a liquid
or powdered
meal
replacement

Eat 5 or 6
smaller meals
each day

Munch on
healthy
snacks when
you feel
like eating

Add extra
protein and
calories to
your diet

Eat a bedtime
snack

Take small
amounts of water
or liquid when
you feel like
eating meals

Eat larger meals
when you feel
well and are
rested

Eat soft,
cooling foods like
healthy fruits
and smoothies



Let us not give up, and join the forces to stay



For more details consult your doctor

A patient education initiative by makers of

maxvida[®] HPHF



High Protein High Fiber
Nutrition Supplement for Recovery

References: **1.** What is Cancer? Available at: <https://www.cancer.net/navigating-cancer-care/cancer-basics/what-cancer#:~:text=Cancer%20is%20a%20group%20of,almost%20anywhere%20in%20the%20body.>; accessed on May 13, 2021; **2.** Cancer Statistics. Available at: <http://cancerindia.org.in/cancer-statistics/>; accessed on May 12, 2021; **3.** What is Cancer? Available at: <https://my.clevelandclinic.org/departments/cancer/patient-education/wellness-prevention/what-is-cancer>; accessed on May 12, 2021; **4.** Solid tumor. In. NCI Dictionary of Cancer Terms. Available at: <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/solid-tumor>; accessed on May 13, 2021; **5.** Hematologic cancer. In. NCI Dictionary of Cancer Terms. Available at: <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/hematologic-cancer>; accessed on May 14, 2021.; **6.** What is Cancer? Available at: <http://ncinagpur.in/detail/understanding-cancer>; accessed on May 14, 2021; **7.** Symptoms of Cancer. Available at: <https://www.cancer.gov/about-cancer/diagnosis-staging/symptoms>; accessed on May 14, 2021.; **8.** How Cancer Is Diagnosed. **9.** Types of Cancer Treatment. Available at: <https://www.cancer.gov/about-cancer/treatment/types>; accessed on May 14, 2021; **10.** 19 ways to help someone during cancer treatment. Available at: <https://www.mdanderson.org/publications/cancer-wise/19-ways-to-help-someone-during-cancer-treatment.h00-159223356.html>; accessed on May 14, 2021; **11.** Nutrition Recommendations During and After Treatment. Available at: <https://www.cancer.net/survivorship/healthy-living/nutrition-recommendations-during-and-after-treatment>; accessed on May 14, 2021; **12.** Eating Do's and Don'ts for Cancer Patients. Available at: <https://www.cancerhealercenter.com/blogs/eating-dos-and-donts-for-cancer-patients>; accessed on May 14, 2021; **13.** Nutrition in Cancer Care (PDQ®)—Patient Version. Available at: <https://www.cancer.gov/about-cancer/treatment/side-effects/appetite-loss/nutrition-pdq>; accessed on May 14, 2021; **14.** Eating hints in cancer. Available at: <https://www.cancer.gov/publications/patient-education/eatinghints.pdf>; accessed on May 14, 2021.

WMPL/H&N/SIGN/HPHF/COM/2022/JAN/036



Health & Nutrition Division (Win-Medicare Pvt Ltd): MZ-7, Modi Tower 98, Nehru Place, New Delhi-110019, India Email : info@signutra.com
Visit at : www.signutra.com
® Registered Trademark under license from Signutra Inc., USA.