

How do I make arrangements to see a dietitian?

The dietitians at the Dr. H. Bliss Murphy Cancer Centre are available to see all patients and family members who have questions about nutrition and cancer.

If you would like to talk to a dietitian, ask your doctor, nurse or radiation therapist at the clinic or you can contact the Nutrition



Services Department by calling (709) 777-7604. Arrangements can be made for you to see a dietitian at the time of your usual clinic visit or at another time that works for you.

If you live outside St. John's and require an appointment or follow-up with a dietitian, ask for a referral to see a dietitian in your region.

The Cancer Care Program of Eastern Health provides services to cancer patients throughout Newfoundland & Labrador.

Nutrition Services
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Nutrition & Cancer



Nutrition plays an important role in cancer management.

Almost everyone who is diagnosed with cancer has a question or concern about nutrition. Registered dietitians at the Dr. H. Bliss Murphy Cancer Centre specialize in nutrition for people with cancer and are available to help should you have any nutrition related problems throughout the course of your care and/or treatment.

Being well nourished can help keep your energy level up and enables you to recover more quickly from your treatment. People who eat well throughout the course of their treatment are better able to cope with the side effects that occur.

Sometimes people find themselves receiving various nutrition tips from friends, relatives, merchants, books and other sources. To help sort out what information is right for you, talk to one of our dietitians.



Some of the nutrition problems people experience:

Cancer and/or the side effects of treatments can affect how well you can eat and maintain your nutrition status.

A dietitian can help you deal with eating problems that may arise such as:

- Unintentional weight loss or gain
- Appetite loss
- Stomach discomfort
- Diarrhea/Constipation
- Mouth and/or throat soreness
- Mouth dryness
- Taste changes
- Nausea

Nutrition advice is available about:

- Ways to help maintain your weight or prevent further weight changes.
- Adjusting your eating habits to suit your appetite while maintaining nutritional status.
- Meal and snack ideas if your usual favourites are not appealing.
- Ways to change your diet if chewing and swallowing are difficult.
- Homemade or ready prepared foods and drinks which are good sources of energy and protein.
- Adjusting your diet to deal with nausea, constipation or diarrhea.
- Healthy eating guidelines to help ensure your food intake meets your nutritional needs.
- Recommendations to help clarify information about nutrition and cancer.