



"The Gray Matter" is a monthly publication of WNC Brain Tumor Support.
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From the desk of George....

I don't know if it's because of all the surgery, chemo or the radiation that I have had (most of us), or if I am just getting old(er) (most of us), but I am soooo tired all of the time! A fly lit on my leg as I was sitting in my lawn chair, and instead of swatting the fire off with a newspaper, I just watched it walk around on my leg. I was too tired to be mean. There was a time when I would have snatched that fly and squished it in one motion! And even if I could have caught it, I could not kill it....Life is too precious, even for a fly! But that's not the point. The point is that I am tired and was wondering if y'all felt the same. Have you ever stared at your dinner plate for minutes trying to get enough energy to pick up your fork to eat? How about sitting in your car in the driveway for ten minutes after the car is off, waiting for the energy to get out of the car so you can walk to the house? Or worse, sitting in the car forgetting where you were going or have been! Then the scary part...will I be like this forever or worse? I like to think that it will get better and that's the attitude we need to have.

George Plym
President, WNC BTS

September Meeting

Jeffery Whitridge, clinical dietician with Mission/St Joesph's, specializing in Adult Oncology will be our speaker for the September meeting.

At WNC BTS we get questions about a "brain tumor diet." Like this one:

Scott, is currently undergoing chemotherapy for a tumor that was found close to the optical nerve. He currently does not take vitamins, his diet consists of junk-foods and meat. We have been researching connections with food and cancer/cancer fighting foods. His question is "what foods and vitamins should he be focusing on for "brain tumors"? He is tired all the time. What can we do to increase energy levels? "

While we agree with you that you should eat a well balanced diet well suited for your, nutritional and vitamin needs, we have to tell you that there is NO *specific* diet or vitamin regime for brain tumors! Tiredness and fatigue are unfortunately unavoidable side effects of chemotherapy!

So how do you deal with the nutritional aspect as a brain tumor survivor? Come to the September meeting when Jeffery Whitridge will talk about what foods and vitamins should we should focusing on.

Make a Difference in Your Cancer Treatment with Good Nutrition

A healthful diet helps rebuild body tissues that may be affected by treatment and prevents them from further breakdown. Eating right also keeps your body strong by helping your immune system stay healthy.

The Wellness Community Nutrition Handbook

THE THREE STAGES OF CHANGE IN A CYCLE OF NUTRITION AND CANCER

1. Preventive Nutrition (when you are well)

- High in unrefined carbohydrates such as beans, pasta, whole grain breads and root vegetables. Low in simple sugars.
- Reasonable in protein, i.e. 3-4 oz servings (about the size of a deck of cards) of fish, lean meat, poultry or larger 6-8 oz servings (1 cup) of mixed beans and rice at lunch and dinner.
- Oils and fats from olives, tree nuts (almonds, walnuts, etc.), avocado, oily fish in preference to fatty meats, cheese or other saturated animal fat food sources.
- Plenty of antioxidants and botanical factors found in whole grains, beans, vegetables and many fruits, e.g. beta carotene, vitamins C and E. Dark colored items are richest.
- Moderate quantities overall - eat to maintain steady weight.
- Wide variety of foods, especially seasonal fruits and vegetables. At least 5 servings each day - more is better.

2. During Treatment (Expedient Diet)

- Sufficient small, frequent meals to maintain body weight.
- A little more protein, e.g. more egg whites, fish and poultry.
- Choose lactose free dairy products to avoid possible lactose intolerance resulting from the treatment.
- Avoid gas-producing foods such as incompletely cooked beans, excessive amounts of the cabbage family, melons. Use "Beano" or other digestive enzymes with these foods.
- Avoid highly spiced foods, unless they agree with you.
- Avoid more than RDA levels of antioxidant supplements.

3. Regenerating Nutrition (as you Recover)

- As for Prevention but with special focus on the foods rich in nutrients needed for regenerating the immune system, e.g. vitamins B complex, C, E, selenium and zinc. Some of these are found in wheat germ - add 1-2 tablespoons to morning cereal.
- 8 - 10 servings of fruits and vegetables each day, especially those rich in beneficial phytonutrients such as blueberries, dark green leafy vegetables and garlic.
- Include a daily multivitamin and mineral supplement.

SUGGESTIONS FOR EATING TO PROVIDE MAXIMUM IMMUNITY

When you make wise eating choices you may be able to fortify your natural defenses as well as help you better handle treatments. Remember, also, to take extra care with personal and foot hygiene at this time. Listen to your body's needs for rest and sleep. You will benefit from being in natural surroundings and by keeping company with those who don't drain you of energy.

As each person's nutritional needs are very individual, I suggest that you see a nutritionist or dietitian at this time to assist you in making healthy food choices. Make a weekly food and exercise diary and place it on the refrigerator. This way you can monitor your changes in a way that is valuable for you, your family and your health practitioners.

The following essential nutrients maintain healthy immunity:

Nutrient	Food Source
Vitamin A	Fish liver oils, liver
Beta Carotene (provitamin A)	Orange, yellow and dark green leafy vegetables including carrots, cantaloupe, apricots, spinach
Vitamin B2 (Riboflavin)	Whole and enriched cereals and breads. Lean meat, milk, eggs, liver, dried yeast
Vitamin B6 (Pyridoxine)	As for B2, and bananas
Folic Acid	Leafy green vegetables, meats
Pantothenic Acid	Brewer's yeast, legumes, salmon, whole grains
Vitamin C	Citrus; fruits, berries, broccoli, bell peppers
Vitamin E	Leafy green vegetables, egg yolk, liver, wheat germ
Selenium	Garlic, legumes, fish, asparagus
Iron	Liver, peas, egg yolk, asparagus
Zinc	Liver, oysters, soybeans, sunflower seeds
Magnesium	Green leafy vegetables, nuts, seafood
Manganese	Bananas, bran, pineapple, nuts
Protein	Lean meat, poultry, fish, shellfish, eggs, legumes, broccoli, sunflower seeds
Antioxidants	Citrus fruits, legumes, whole grains
Botanical Factors (Phytonutrients)	All plant sources of food, especially dark and brightly colored fruits and vegetables.

Events

Mark your calendars!
Visit our online calendar for more info on events .



Upcoming Events

September 21 , Thursday

WNC BTS meeting at West Presbyterian Church Hall, 690 Haywood Rd., Asheville (west). Special guest speaker Jeffery Whitridge, clinical dietician with Mission/St Joesph's, specializing in Adult Oncology. Refreshments at 6:15, meeting 6:30-8:00.

October 19 , Thursday

WNC BTS meeting at West Presbyterian Church Hall, 690 Haywood Rd., Asheville (west). Refreshments at 6:15, meeting 6:30-8:00.

Parking at Normal Meeting Place

The best place to park is in the Suntrust bank drive-thru parking directly along the drive of the adjoining the church. Do not park next to the night deposit box! If you park in the back lot of the church, for security reasons, the back door will be locked at 6:30. So, park on the side of the bank!



Veal Cutlets and Pancakes

"Well, doctor, have you received the results of my tests?" the patient asked.

"Yes, Mr. Smith, and I'm afraid I've got some really bad news for you. You've got MS, AIDS and Mad Cow Disease".

"Oh, no! What treatment can you give me?"

"We're going to take you into the hospital, give you your own private room, and put you on a diet of veal cutlets and pancakes."

"Veal cutlets and pancakes? Delicious! I never realized that those delicious foods could help cure me!"

"They won't, but they're easy to slide under the door."

**HAPPY
BIRTHDAY**

September Birthdays

Gwen Wilson 9/22
Sandra Rickman 9/25