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Nutrition for Mesothelioma Patients

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/24-7PressRelease/ - BALTIMORE, MD, July 19, 2008 - Good nutrition is always a beneficial path to follow and when you have [mesothelioma](#), it becomes even more important. Typically a mesothelioma patient is monitored by a nutritionist or dietician in the healthcare team. A well-planned diet can help minimize the side-effects of treatment and increase your feeling of well-being.

A common problem is loss of appetite, because of the radiation or medication. Malnutrition can result if the patient is not given support and help with daily meals. If you have a friend or family member undergoing mesothelioma treatment, you could help by stocking up on his or her favorite foods, by helping with cooking, and by eating with them. The company will help that person to eat more than if they were alone for meals.

Reverse the Usual Dietary Recommendations

Normally we are told that a healthy diet requires lots of fresh fruit and vegetables, whole-grain bread and cereal, not too much meat or dairy, and minimum amounts of fat, sugar and salt. For a mesothelioma patient, reverse this.

When planning meals, think calories and protein. This will help to repair body tissue that has been damaged by surgery or radiation, and help to bolster the immune system. Side effects of treatment can include a sore mouth and diarrhea, so in that case less dietary fiber is needed.

Food Items to Include

- Dairy protein - milk, cheese, cottage cheese, yogurt. Melted cheese can be added to a host of dishes - stews, soups, potatoes etc.
- Meat and fish;
- Eggs - you could use them with cream or milk, cheese, and ham or bacon in a delicious quiche. Leave out the crust if sore mouth is an issue. Add them to casseroles and desserts.
- Margarine, butter or cream - added to hot cereal, soups, mashed potatoes, or vegetable purees. Or you could add cream cheese or sour cream.
- Whipped cream on top of hot chocolate, pancakes, waffles, or any dessert;
- Sugar, honey and jam - not only on bread, but as a glaze for steak or chicken;
- Yogurt (fresh and frozen) and icecream - enjoy them as desserts or treats, pair them with fresh fruit, and add them to cakes, cookies and carbonated drinks.

If you have mesothelioma and are struggling with your diet, trying to eat when you don't really feel hungry or interested in food, is there someone you can ask for support? A family member, friend, or neighbor - many people would be very glad to help by sharing a meal with you, helping to prepare food, or shop for it.

Use Protein Powders

If you have trouble eating any solid food at all, you can use nutritional products like milkshake powders, formulas and instant breakfast powders. They give good amounts of protein and calories. Then when you can, start adding high-calorie foods from the list above.

Enjoy the "Decadence"!

Of course, you probably don't feel like a "lucky" person, but there are many who would regard you with envy for being able to have a chocolate milkshake any time you like, or icecream with whipped cream and chocolate chips on top! You can fly in

the face of the endless admonitions we hear daily about how we should "eat better", meaning "eat less of what we most enjoy"! Break all those rules! You need have no worries about calories or over-eating, and if you gain weight, you can congratulate yourself.

Get Legal Advice at No Charge

There's also another benefit you should consider giving yourself- legal advice on your situation regarding mesothelioma. There would typically be no charge for a consultation. You may have a valid legal claim against the employer or facility which exposed you to asbestos years ago. To get the best legal support and representation, choose only an [experienced mesothelioma attorney](#), who can draw on the right medical experts and prosecute your case vigorously. As the people age who were exposed 20, 30 or 40 years ago to asbestos, many mesothelioma and asbestosis lawsuits are being filed. Why not yours too?

If you or a family member has been a victim of asbestos poisoning, [contact](#) Parker Dumler & Kiely LLP for more information about the compensation that may be due.