



**Registered Dietitian
Supportive Care***

Northwestern Ontario Regional Cancer Care
Thunder Bay Regional Health Sciences Centre

(807) 684-7310

(877) 696-7223 (toll free)

980 Oliver Road
Thunder Bay, Ontario P7B 6V4

www.tbrhsc.net/nworcc

Nutrition Services for People with Cancer



Dryden
Dryden Regional Health Centre
807-223-8256

Fort Frances
Riverside Health Care Facilities
807-274-3261 extension 4111

Geraldton
Geraldton District Hospital
807-854-1862 extension 267

Hearst
Notre-Dame Hospital 705-372-2900

Kenora
Lake of the Woods District Hospital
807-468-9861 extensions 431

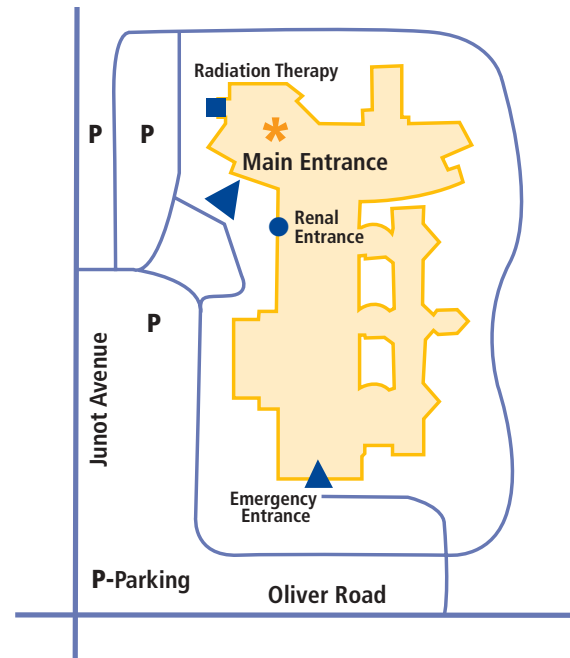
Manitouwadge
Manitouwadge General Hospital
807-826-3251 extension 229

Marathon
Wilson Memorial General Hospital
807-229-1740 extension 254

Red Lake
Margaret Cochenour Memorial Hospital
807-727-1920

Sioux Lookout
Sioux Lookout Meno-Ya-Win Health Centre
807-737-3030 extension 2104
or 807-837-3700 extension 316

Terrace Bay
McCausland Hospital
807-825-3273 extension 191



NORTHERN CANCER
RESEARCH FOUNDATION





Why is Eating Well Important?

Eating well is important for people with cancer. Eating well will help you get the nutrition you need to stay strong, heal better and recover faster from side effects of chemotherapy and radiation therapy. After your treatments are finished, eating well can help you feel your best.

Should You See a Dietitian?

Eating well is sometimes hard for people with cancer. Side effects from chemotherapy, radiation therapy or surgery can make it hard to eat.

A Dietitian can help you, your family, or your friends with your eating so you get the nutrition you need. A Dietitian is a person who is trained in food and nutrition.



A Dietitian can suggest ways to deal with

- Poor appetite
- Unwanted weight loss
- Sore mouth or throat
- Dry mouth
- Taste changes
- Problems chewing or swallowing
- Diarrhea
- Constipation
- Bloating and gas
- Nausea
- Heartburn

Always tell your doctor or nurse if you are having any of these problems.

A Dietitian can also

- Help you decide if you need to take vitamins or nutrition supplements
- Give you new ideas for healthy meals and snacks
- Teach you how to make easy meals
- Answer your questions about complementary nutrition remedies for cancer
- Teach you about other special diets and healthy eating



How Can You Arrange to See a Dietitian?

You can meet with a Dietitian at any time before, during, or after treatment. This service is free to people with cancer, their families, and those who care for them.

If you live outside of Thunder Bay, you may be able to see a Dietitian in your hometown.

Thunder Bay

To make an appointment with the Dietitian at Northwestern Ontario Regional Cancer Care call **807-684-7310** or toll free **1-877-696-7223**.

Or ask anyone at Northwestern Ontario Regional Cancer Care, your doctor, or your community care coordinator to make an appointment for you.

Northwestern Ontario

Ask your doctor to make an appointment for you with a Dietitian at your local hospital. To find out more about making an appointment, you may also call the Dietitian directly at the numbers listed on the back.