



Nutrition Tips:

- Encourage your loved one to drink small sips of water, broth, or other liquids recommended by his healthcare provider, throughout the day. All of those sips can add up to an adequate amount by day's end, and it's important that he stay hydrated.
- Try to figure out when his appetite is at its peak most days, whether morning, noon or night. This could be the right time to entice him with more food options.
- Try to involve him in the food choices so he has access to what is most appealing at different stages of his treatment regimen.
- Try to serve him foods that are high in protein and low in saturated fats. Prepare these foods for yourself and the family, so you are in this healthy eating regimen together.
- There is debate even within the medical community about which and how much of certain vitamins or supplements may be helpful for people with cancer. Check with his healthcare team first before offering your loved one vitamins or supplements as there may be an adverse interaction with certain types of cancer treatments.

Exercise Tips:

- Studies have shown that exercising may be an important part of an overall wellness plan for people with cancer. Some people have even reported reduced fatigue symptoms and improved mood.
- You should always discuss your exercise routine with your doctor.
- Exercising as a family or with friends may be motivating. Try to organize a group walk in the neighborhood or in a shopping mall. Or encourage friends to do a "walk-by" instead of driving over, and to invite your loved one along.
- Certain types of therapy to treat prostate cancer can contribute to osteoporosis. Weight-bearing exercise, such as walking or lifting hand weights, may be beneficial for bones.
- Check with local cancer support groups, as well as hospitals and community centers, to see if they offer local exercise classes that are geared for people with cancer.