



NET CANCER AND DIETARY ISSUES

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DIETITIAN**

NHS WESSEX NET GROUP

OVERVIEW

My NET dietitian role

NET and diet myths

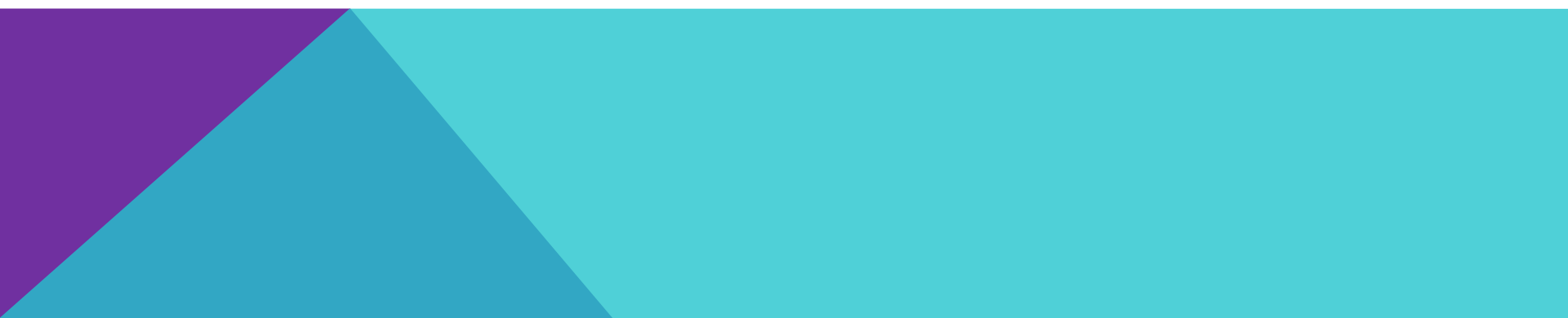
Vitamins and minerals

Pancreatic enzyme replacement therapy


Probiotics



HISTORY OF POST

- Funded by Robert White and PLANETS Cancer charity for 4 years
 - Started post May 2019
 - September 2023 permanent role funded across 3 NHS Trusts
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HOW DOES THE ROLE WORK?

- Work with patients across Dorset and Southern Hampshire
 - Weekly NET team meeting
 - Clinics in Poole, Bournemouth, Southampton and Portsmouth
 - PLANETS patient support
 - Member of National NET dietitian group
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NETS AND DIET MYTHS BUSTED!

1. I should avoid all foods high in amines

No! Only if you have been told you have carcinoid syndrome AND they make your symptoms worse

2. I shouldn't drink any alcohol/caffeine

No! These are fine to have within UK recommendations. Some people find they make their bowels are worse.

NETS AND DIET MYTHS BUSTED!

3. Sugar/dairy/soya will make my cancer worse

No! There is no evidence that any of these will directly make any types of cancer worse, including NETs.

4. What I eat or drink will make my tumour better e.g. superfoods, tomatoes, green tea

No! Unfortunately there are no foods that can shrink or cure your NET.

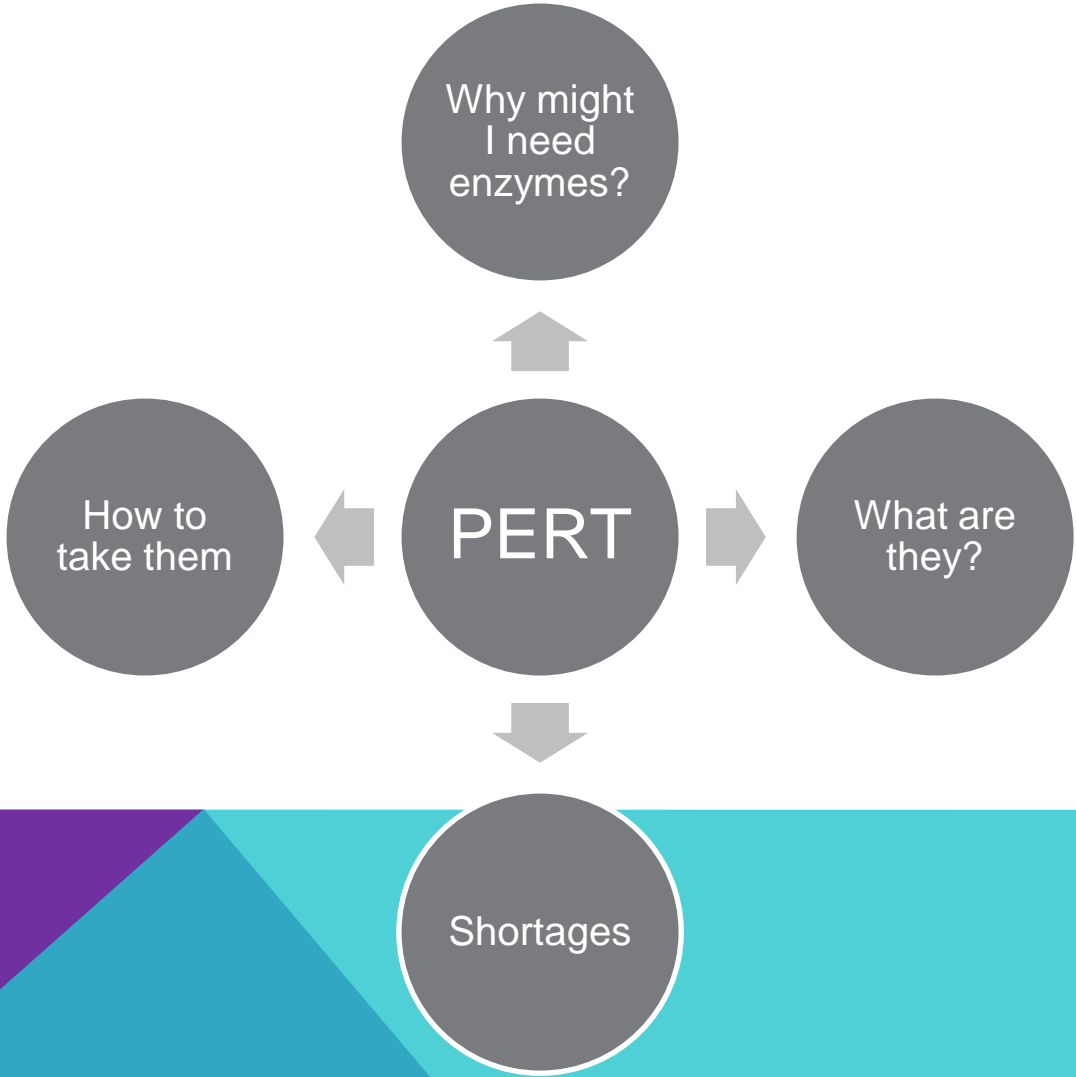
5. All complementary diets and/or supplements should be avoided

No! Some may not be suitable as may interact with treatment but there are many that we would be happy for you to take – just discuss them with your dietitian, nurse or doctor.

NETS, VITAMINS AND MINERALS

If you:	Recommendation
have carcinoid syndrome	Consider niacin (can be as part of a vitamin B complex)
are on an SSA (octreotide/lanreotide):	Consider a fat soluble vitamin (A, D, E & K) supplement (can be as part of a multivitamin)
are on a restricted low fibre diet	Consider an A-Z multivitamin and mineral
have had small bowel (ileal) surgery	You may need vitamin B12 injections and a vitamin D and/or calcium supplement
have had pancreatic Whipples surgery or similar	Take Adcal and an A-Z multivitamin and mineral daily
are on medication for bile acid malabsorption	Take an A-Z multivitamin and mineral
are a resident of the UK	Take 10ug or 400IU vitamin D from October to March

PANCREATIC ENZYME REPLACEMENT THERAPY (PERT)



PROBIOTICS

What are they?

Why would I need them?

Are Actimel/Yakult probiotics?

What would you recommend and why





Thank you
Please ask any questions!

Contact me for 1 to 1 advice:

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