

癌症病患之營養照護

彰化基督教醫院
體系國際營養事業執行長 林佳青營養師



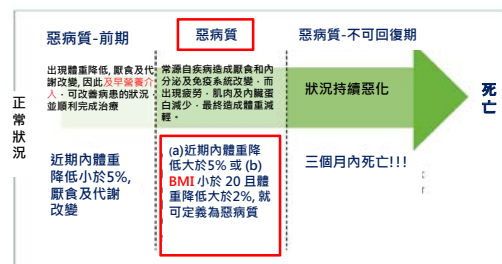
演講內容大綱

- 認識癌病營養不良症
 - 惡病質
- 癌症病人的營養及飲食建議
 - 病人飲食攝取不足之處置
 - 補充足夠熱量及較高蛋白質的作法
 - 有效率及有效益的癌症營養補充選擇
- 癌症恢復調養期飲食
 - 復甦免疫自癒力，讓三餐一同抗癌
- 結論
 - 打造個人化養生防癌營養處方

癌病營養不良症

惡病質

何謂惡病質 (Cachexia)?



癌症病人的營養及飲食建議

- 病人飲食攝取不足之處置
- 補充足夠熱量及較高蛋白質的作法
- 有效率及有效益的癌症營養補充選擇

病人飲食攝取不足之處置

提供

- 喜好性食物
- 調整食物供應份量、頻率及質地
- 高熱量、營養密度食物補充建議

飲食攝取不足之處置

- 變化飲食供應**口味、型式**
 - 普通飲食
 - 麵食
 - 西餐
 - 日式料理
 - 藥膳
 - 點心



病人飲食攝取不足之處置

- 改變供餐**份量、次數**
 - 量少多餐原則
 - 正餐減少供應份量
 - 兩餐之間補充點心
 - 6-8餐/日



病人飲食攝取不足之處置

- 改變供餐**質地**
 - 煮軟(soft diet)
 - 切碎(ground diet)
 - 切細煮爛成半流質(semi-liquid diet)
 - 絞打成流質(full-liquid diet)
 - 煮爛過濾成泥漿狀或加入食物增稠劑(puree diet)



高熱量、營養密度食物補充建議

如何增加蛋白質及能量攝取

資料詳見附錄講義



病人飲食攝取不足之處置

提供

- 喜好性食物
- 依需求改變食物質地、份量及供餐頻率
- 高熱量密度食物
- 正餐替代品
 - 人工營養(水分)補充品

補充口服營養品對癌症營養不良病人之系統性分析研究

REVIEW

Oral Nutritional Interventions in Malnourished Patients With Cancer: A Systematic Review and Meta-Analysis

Christine Balshine, Agneta Spina, Roger Adams, Peter D. Emery

Manuscript received April 16, 2011; revised December 12, 2011; accepted December 19, 2011.

Correspondence to: Christine Balshine, PhD, RD, Division of Diabetes and Nutritional Sciences, School of Medicine, King's College London, Newham Campus, 120 Colindale Ave, London SE5 8RX, UK (e-mail: christine.balshine@kcl.ac.uk).

J Natl Cancer Inst 2012;104:371-385

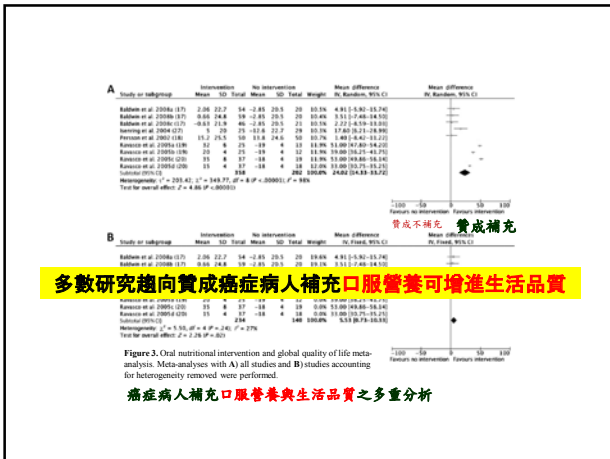


Figure 3. Oral nutritional intervention and global quality of life meta-analysis. Meta-analyses of A) all studies and B) studies accounting for heterogeneity removal were performed.

癌症病人補充口服營養與生活品質之多重分析

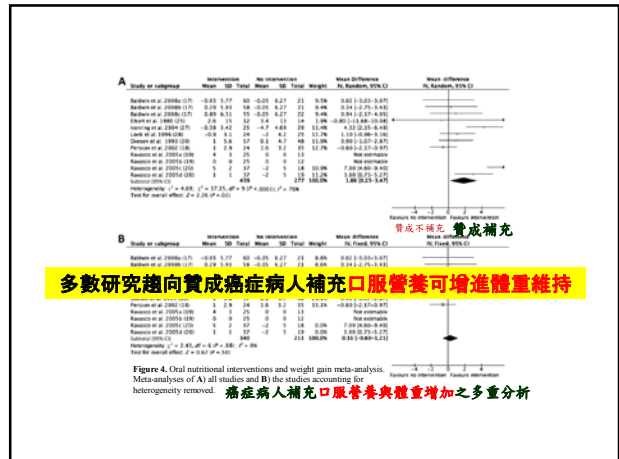


Figure 4. Oral nutritional interventions and weight gain meta-analysis. Meta-analyses of A) all studies and B) the studies accounting for heterogeneity removal.

癌症病人補充口服營養與體重增加之多重分析

歐洲腸道靜脈營養醫學會 老年人腸道營養指引 2006

ESPEN Guidelines on Enteral Nutrition: Geriatrics^{1,2}

D. Volker^{1,2,3,4}, Y.N. Berner⁵, E. Berry⁶, T. Cederholm⁷, P. Coti Bertrand⁸, A. Milne⁹, J. Palmblad¹⁰, St. Schneider¹¹, L. Sobotka¹², Z. Stanga¹³, D.GEM¹⁴, R. Lenzen-Grossimlinghaus, U. Krys, M. Pirlich, B. Herbst, T. Schütz, W. Schrüfer, W. Weinreb, J. Ockenga, H. Lochs

¹Head Medical Science Division, Effimber-Nutricia, Erlangen, Germany
²Head Geriatric Department, Meiri Hospital, Kiryat Saba, Israel
³Department of Human Nutrition & Metabolism, Hebrew University, Hatachah Med School, Jerusalem, Israel
⁴Department of Public Health and Caring Science, Uppsala University, Uppsala, Sweden
⁵Unit de Nutrition Clinique, CHU, Lausanne, Switzerland
⁶Health Services Research Unit, University of Aberdeen, Aberdeen, UK
⁷Department of Medicine, Karolinska Institute, Huddinge University Hospital, Huddinge, Sweden
⁸Geriatrics/Intensive Care Unit, Hôpital de la Croix-Rouge, Nice, France
⁹Medical Care Unit, Department of Gerontology and Metabolic Care, Charles University, Faculty of Medicine, Hradec Králové, Czech Republic
¹⁰Internal Medicine and Clinical Nutrition, Inselspital/University Hospital, Bern, Switzerland

Received 18 January 2006; accepted 19 January 2006

Subject	Recommendations	Grade ^{1,2}	Number
Indications	In patients who are undernourished or at risk of undernutrition use oral nutritional supplementation to increase energy, protein and micronutrient intake, maintain or improve nutritional status, and improve survival.	A	2,1
	In frail elderly use oral nutritional supplements (ONS) to improve or maintain nutritional status.	B	2,1
	Frail elderly may benefit from TF as long as their general condition is stable and/or terminal phase of illness.	B	2,1
	In degenerative use TF to terminate the phase of severe anorexia and loss of motivation.	C	2,6
	In advanced patients ONS or tube feeding (TF) may lead to an improvement of nutritional status.	2,7	
	In early and moderate dementia consider ONS and occasionally TF to ensure adequate energy and nutrient supply and to prevent undernutrition.	C	2,7
	In patients with terminal dementia, tube feeding is not recommended.	C	2,7
	In patients with dysphagia the prevention of aspiration pneumonia using TF is not proven.	2,9	
	ONS, particularly with high protein content, can reduce the risk of developing pressure ulcers.	A	2,10
	Based on positive clinical experience, EN is also recommended in order to improve healing of pressure ulcers.	C	2,10

有效

**有虛弱症老年人使用口服全營養補充品
有助於增進或維持營養狀況**

癌症恢復調養期飲食

- 復甦免疫自愈力，讓三餐一同抗癌
 - 從腸道排廢角度
 - 從細胞代謝角度
 - 從肝臟解毒角度

「食物本身就是我們一日三餐的化學。」 - William W. Li M.D.

由2017一篇會議論文: 癌症免疫療法研究 開始關注人體腸道菌對健康之整體影響

Meeting Abstracts

Association of the diversity and composition of the gut microbiome with responses and survival (PFS) in metastatic melanoma (MM) patients (pts) on anti-PD-1 therapy.

Abstract Type: Oral Presentation

Abstract Topic: Immunology

Abstract Number: 1000

Abstract Title: Association of the diversity and composition of the gut microbiome with responses and survival (PFS) in metastatic melanoma (MM) patients (pts) on anti-PD-1 therapy.

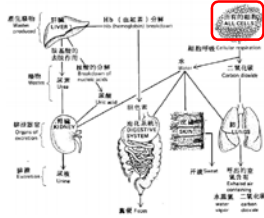
Abstract Author: [Name]

Abstract Institution: [Institution]

Abstract Date: [Date]

Abstract Location: [Location]

從細胞角度看代謝



Seifried and Becker Nutrition & Metabolism (2019) 7:7
<https://doi.org/10.1186/s12917-019-0171-7>



REVIEW Open Access

Cancer as a metabolic disease

Thomas H Seyfried¹, Laura M Shelton¹ **癌症是一項代謝異常疾病**

Abstract
 Emerging evidence indicates that impaired cellular energy metabolism is the defining characteristic of nearly all cancers regardless of cellular or tissue origin. In contrast to normal cells, which derive most of their usable energy from oxidative phosphorylation, most cancer cells become heavily dependent on substrate level phosphorylation to meet energy demands. Evidence is reviewed supporting a general hypothesis that genomic instability and, especially, all hallmarks of cancer, including senescence, apoptosis, genomic events, can be linked to impaired mitochondrial function and energy metabolism. A view of cancer as primarily a metabolic disease will impact approaches to cancer management and prevention.



生理代謝不良增加婦女結腸直腸癌風險

Poor Metabolic Health Increased Risk for Colorectal Cancer in Women

News | February 13, 2017 | Colorectal Cancer, Sudden Metabolic Change

Normal weight women should be evaluated for metabolic health to reduce their risk for colorectal cancer, according to the results of a study published in *Cancer Epidemiology, Biomarkers & Prevention*.

Results from the study showed that among the 500 of normal weight women that participated in laboratory procedures, and had their glucose or were associated with a higher risk for colorectal cancer.

The results of the long-term prospective study of normal weight women were most consistent in those that had metabolic health problems. A higher risk of colorectal cancer was associated with a higher risk of normal weight women with metabolic abnormalities to be associated with colorectal cancer.

Visit www.OncoTherapyNetwork.com

癌症病人營養失調評估

表 癌症惡病質發展階段 (Fearon et al. 2011)

Precachexia 惡病質前期	Cachexia 惡病質	Refractory Cachexia 難治性惡病質
體重流失 ≤ 5% (過去6個月平常體重)	體重流失 > 5% (過去6個月平常體重) 或 BMI < 20 並體重流失 > 2% 或 肌少症 並 體重流失 > 2%	多項惡病質
厭食	減少食物攝取	癌症合併異化代謝前期及 對抗癌症治療無反應
新陳代謝改變	系統性發炎反應	身體功能指數低 ECOG/WHO-2 或 Karnofsky 分數 ≤ 50% < 3個月存活預期

歐洲腸道靜脈營養醫學會
癌症病人營養指引 2016

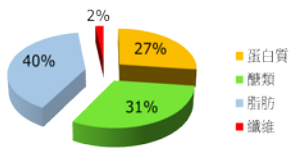
ESPEN guidelines on nutrition in cancer patients

Jana Arends, Patrick Bachmann, Nicole Baracos, Nicola Barthelany, Martinus Bertsch, Federico Bazzani, Karl Fearon, Elisabeth Holte, Elizabeth Jeune, Gian Vaiaza, Zeljko Kozmaric, Barry Laird, Maria Larsson, Alessandro Laviano, Stefan Mihaljevic, Maurizio Muscarini, Lina Odénrot, Paola Passaro, Toril Solheim, Florian Strasser, Marjan van Bokhorst, De van der Schueren, Jean-Charles Preiser

PN: 00281-6814/16/01181-8
 DOI: 10.1016/j.clnu.2016.07.015
 Reference: YCLNU 2882
 To appear in: Clinical Nutrition
 Received Date: 21 July 2016
 Accepted Date: 28 July 2016

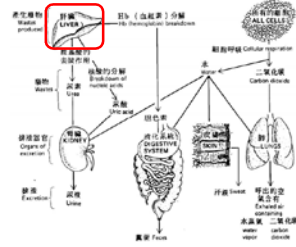
B2 - 3	Choice of energy substrates 能量來源營養素之選擇
Strength of recommendation STRONG	針對有體重流失合併有胰島素抵抗之癌症病人，建議轉移碳水化合物熱能比例至增加之脂肪熱能比例，這項取代性做法可提高飲食熱能密度並降低升糖負荷。
Level of evidence	Low
Questions for research	effect of a high fat diet on clinical outcome in patients with systemic inflammation/insulin resistance effect of varying the fat composition

XX 癌症專用營養配方熱量分佈設計



容量		200ml
熱量 (大卡)		300 (1,5 Kcal/ml)
Protein	% of Energy	27 %
	含量 (公克)	20 GM
CHO	% of Energy	31 %
	含量 (公克)	23.2 GM
Fat	% of Energy	40 %
	含量 (公克)	13.4 GM (MCT: 24%)
	EPA (公克)	EPA: 1g / DHA: 0.42g

從肝臟角度看代謝



孕婦吃深海魚 官方首訂上限
 甲基汞傷腦神經 每星期超過35公克

天天新景點
 太平洋環流垃圾圍城 惡化器將進入食物網

文章內容包含：

- 孕婦吃深海魚的注意事項
- 太平洋環流垃圾圍城對生態的影響

人工反式脂肪傷身 7月起禁用

供常用不完全氫化油 產生反式脂肪增加心血管病風險 食藥署：輔導業者改用安全油

【本報訊】衛生局食藥署公告，自今年7月1日起，禁止業者在食品中使用人工反式脂肪。食藥署表示，人工反式脂肪會增加心血管疾病風險，對心臟健康造成威脅。目前市場上仍有部分產品含有反式脂肪，業者應儘快改用天然植物油以確保消費者健康。

世界各地健康飲食方案大集合

介紹了多種國際健康飲食方案：

- 得舒飲食 (The DASH Diet for Healthy Blood Pressure)**
- 原始人飲食法 (The Paleo Diet)**
- 地中海飲食 (Mediterranean Diet)**
- 長壽飲食 (Chinese Diet)**

哈佛健康飲食餐盤





讓食物幫你消炎

- 正確油脂
 - Omega-3/6、9
- 蔬果
- 全穀
- 堅果
- 深海魚
- 薑黃、綠茶、可可、香草



結論

- 打造個人化養生防癌營養處方



癌症病人飲食方針

1. 適時監測**體重、體組成、體能及代謝變化**，避免營養不良問題產生
2. 有生理代謝問題者，需**控醣、斷糖、多用好油**，提供能量，並攝取**足量蛋白質**，避免肌肉流失
3. 一旦發現有問題立即尋求營養專業協助
4. 不要迷信單一食品療效



癌症病人飲食方針

5. 日常飲食原則
 - 儘量選擇有機友善農法種(清淨) / 養殖及天然原始樣態食物 (粗食)
 - 飲食內容種類多樣化(多樣)
 - 簡單烹煮調理(少加工)
6. 配合均衡飲食增加身體活動及適當休息，在體能(安全)狀況允許下，執行鍛鍊增強肌肉質量



Be Strong and Smile....

Thank you

