
Postgraduate Certificate in Cancer Rehabilitation Physiotherapy

Nutrition and Cancer Rehabilitation

Nutrition and Cancer Rehabilitation Glossary

A

Acidosis: A condition characterized by an excess of acid in the body fluids, which can be a result of cancer treatment such as chemotherapy or radiation therapy.

Adipose tissue: Body fat tissue that stores energy in the form of fat, which can be affected by changes in nutrition during cancer rehabilitation.

Amino acids: The building blocks of protein that are essential for tissue growth and repair, which play a crucial role in muscle recovery during cancer rehabilitation.

B

Body mass index (BMI): A measurement that uses height and weight to estimate body fat and assess weight status, which is important for monitoring changes in body composition during cancer rehabilitation.

C

Caloric intake: The amount of energy provided by food and beverages, which needs to be optimized to support recovery and rehabilitation in cancer patients.

Carbohydrates: A macronutrient that provides energy to the body, which should be consumed in appropriate amounts to support physical activity during cancer rehabilitation.

Carcinogen: A substance or agent that can cause cancer, which may influence dietary choices during cancer rehabilitation.

Chemotherapy: A cancer treatment that uses drugs to destroy cancer cells, which can affect appetite and nutrient absorption in cancer patients.

Chronic inflammation: A prolonged immune response that can contribute to cancer progression and impact nutritional status during cancer rehabilitation.

Comorbidity: The presence of one or more additional diseases or disorders in a patient, which can complicate nutritional management during cancer rehabilitation.

D

Dietary supplements: Products that contain nutrients such as vitamins, minerals, herbs, or amino acids, which may be used to support nutritional needs during cancer rehabilitation.

E

Energy balance: The relationship between caloric intake and energy expenditure, which is important for maintaining weight and supporting physical activity during cancer rehabilitation.

Endocrine system: A collection of glands that produce hormones to regulate metabolism, growth, and development, which may be affected by cancer treatment and impact nutritional requirements.

Enteral nutrition: A method of feeding that delivers nutrients directly into the gastrointestinal tract, which may be used in cancer patients who have difficulty eating or swallowing.

Essential fatty acids: Polyunsaturated fats that the body needs but cannot produce on its own, which play a role in inflammation and immune function during cancer rehabilitation.

Exercise oncology: The study of exercise interventions for cancer patients to improve physical function and quality of life, which is an important component of cancer rehabilitation.

F

Fiber: A type of carbohydrate that the body cannot digest, which is important for digestive health and may help manage side effects of cancer treatment.

Functional foods: Foods that provide health benefits beyond basic nutrition, which may be used to support immune function and reduce inflammation in cancer patients.

I

Immune system: The body's defense mechanism against infections and diseases, which can be compromised by cancer treatment and may require nutritional support during rehabilitation.

Intravenous nutrition: A method of feeding that delivers nutrients directly into the bloodstream, which may be used in cancer patients who cannot tolerate oral or enteral feeding.

L

Lean body mass: The weight of the body minus fat mass, which is important for assessing muscle mass and nutritional status during cancer rehabilitation.

M

Malnutrition: A condition resulting from a deficiency or excess of nutrients, which can affect cancer patients undergoing rehabilitation.

Metabolism: The process by which the body converts food into energy, which may be altered by cancer treatment and impact nutritional requirements.

Micronutrients: Essential vitamins and minerals that the body needs in small amounts, which are important for overall health and may be depleted during cancer treatment.

Monounsaturated fats: Healthy fats found in plant-based oils, nuts, and seeds, which can help reduce inflammation and support cardiovascular health during cancer rehabilitation.

Muscle wasting: The loss of muscle mass and strength, which can occur in cancer patients undergoing treatment and rehabilitation.

N

Neutropenia: A condition characterized by a low white blood cell count, which can increase the risk of infection and impact nutritional status in cancer patients.

O

Omega-3 fatty acids: The branch of medicine that deals with the prevention, diagnosis, and treatment of cancer, which is important for understanding the nutritional needs of cancer patients undergoing rehabilitation.

Oxidative stress: An imbalance between free radicals and antioxidants in the body, which can contribute to inflammation and cell damage in cancer patients.

P

Parenteral nutrition: A method of feeding that delivers nutrients directly into the bloodstream, which may be used in cancer patients who cannot tolerate oral or enteral feeding.

Phytochemicals: Compounds found in plant-based foods that have potential health benefits, which may help reduce inflammation and support immune function in cancer patients.

Probiotics: Live bacteria and yeasts that are beneficial for digestive health, which may help manage side effects of cancer treatment in rehabilitation patients.

Protein: A macronutrient that is essential for building and repairing tissues, which is important for muscle recovery and immune function during cancer rehabilitation.

R

Radiotherapy: A cancer treatment that uses high-energy radiation to kill cancer cells, which can cause side effects that impact nutritional status and require dietary modifications.

Resistant starch: A type of carbohydrate that resists digestion in the small intestine, which can promote gut health and may help manage side effects of cancer treatment.

Resting metabolic rate (RMR): The number of calories the body needs at rest to maintain basic physiological functions, which is important for determining energy requirements during cancer rehabilitation.

S

Sarcopenia: The loss of muscle mass and strength that occurs with aging, which may be accelerated in cancer patients undergoing treatment and rehabilitation.

Selenium: A trace mineral with antioxidant properties that may help protect cells from damage, which is important for immune function and overall health in cancer patients.

Soluble fiber: A type of fiber that dissolves in water and forms a gel-like substance in the digestive tract, which can help regulate blood sugar levels and reduce cholesterol.

Supplemental feeding: The provision of additional nutrients through oral, enteral, or parenteral routes,

which may be necessary to meet the nutritional needs of cancer patients during rehabilitation.

T

Total parenteral nutrition (TPN): A method of feeding that delivers a complete mix of nutrients directly into the bloodstream, which is used in cancer patients who cannot tolerate oral or enteral feeding.

Trace minerals: Essential minerals that the body needs in small amounts, which play a role in various physiological functions and may be depleted during cancer treatment.

Trans fats: Unhealthy fats that are created through the process of hydrogenation, which can increase inflammation and the risk of heart disease in cancer patients.

U

Unsaturated fats: Healthy fats found in plant-based oils, nuts, and seeds, which can help reduce inflammation and support cardiovascular health during cancer rehabilitation.

V

Vitamin D: A fat-soluble vitamin that plays a role in calcium absorption and bone health, which may be deficient in cancer patients undergoing treatment and rehabilitation.

Vitamin E: A fat-soluble antioxidant vitamin that may help protect cells from damage, which is important for immune function and overall health in cancer patients.

Vitamin K: A fat-soluble vitamin that is essential for blood clotting and bone health, which may be affected by cancer treatment and require supplementation.

W

Whole grains: Grains that contain the entire grain kernel, which provides fiber, vitamins, and minerals that are important for overall health and may help manage side effects of cancer treatment.