

It's not uncommon to experience excess bloating and gas during cancer treatment. Certain cancers such as colon, rectal, and stomach may lead to more trouble with gas and bloating. There are many causes for our bodies to produce excess gas. Certain foods, beverages, behaviors, and medications all contribute to excess gas. The following tips may help with the pain, bloating, and discomfort that come with excess gas.

- **Avoid gas-forming foods.**
 - Avoid broccoli, cauliflower, Brussels sprouts, cabbage, corn, turnips, onions, peas, peppers, radishes, garlic, cantaloupe, watermelon, apples, avocados, beans, lentils, and nuts.
 - Avoid dairy products such as milk, cheese, or yogurt.
 - Avoid carbonated beverages.

- **Avoid behaviors that cause you to swallow extra air.**
 - Eat slowly.
 - Do not suck on ice or candy.
 - Do not chew gum.
 - Do not drink through a straw.
 - Drink liquids slowly with small sips.

Contact PearlPoint Cancer Support today by phone or email:
(877) 467-1936 X 101 or guidance@pearlpoint.org Create a
profile at my.pearlpoint.org.