For more information, please contact our Information Specialists 800.955.4572 (Language interpreters available upon request) www.LLS.org

Our Mission:

LLS is a nonprofit organization that relies on the generosity of individual, foundation and corporate contributions to advance its mission.
Good nutrition improves well-being
Cancer changes your nutritional needs and often the way your body processes food. Eating well during and after cancer treatment can help you feel better, maintain your strength, avoid treatment delays, and speed your recovery.

Reliable nutrition advice and resources
Nutrition advice is everywhere, but it is not all good information. Be cautious of nutrition advice online, in magazines or advertisements, and from well-meaning family and friends. Make sure you get nutrition information from a reliable source by talking to a registered dietitian.

Talk to a registered dietitian about nutrition and cancer
Free one-on-one nutrition consultations with a registered dietitian with expertise in oncology nutrition* are now available through PearlPoint Cancer Support. PearlPoint, which is the nutrition arm of LLS, provides this service to both patients and caregivers. By speaking to a registered dietitian, you can learn
• Answers to your nutrition questions
• Strategies to improve nutrition and manage side effects
• Tips for meal planning and grocery shopping
• How to care for a loved one during cancer treatment
• Questions to ask your healthcare team
• Additional nutrition resources both online and in your area.

Common questions patients and caregivers ask our registered dietitian
• Is there a special cancer diet I should follow?
• What foods should I avoid?
• I feel tired all of the time. How can I change what I eat to have more energy?
• How should I practice good food safety?
• How can I manage changes in weight?
• How can I make food prep and grocery shopping easier?
• I do not have an appetite; should I eat even if I am not hungry?
• Foods do not taste the same; what can I do?
• I am a caregiver, and my loved one will not eat; what should I do?

What to expect from a nutrition consultation
At a scheduled date and time, the dietitian will call you on the telephone number you provide. Have a pen and paper ready to take notes. First, the dietitian will ask you questions about your current food habits. The dietitian will then offer personalized strategies and tips to improve your nutrition and answer your nutrition questions. Consults last about 30 minutes. You can also communicate with the dietitian via email.

*This service is provided by The Leukemia & Lymphoma Society, Inc. and Pearlpoint Cancer Support for information purposes only. It is not intended to substitute for the advice of your healthcare team or provide medical diagnosis, treatment or therapy. Please seek the advice of your healthcare team before making any changes to your medical plan, diet or physical activity.

FOR YOUR PERSONALIZED CONSULTATION:
Contact our Information Specialists at 800.955.4572 or infocenter@LLS.org.
Access our online form where you can schedule your consult yourself at www.pearlpoint.org/nutritionconsult.