

## The Role of Nutrition Support in Cancer

By the end of this article, you should be able to:

- Describe the nutritional impact of cancer and cancer treatment
- Identify the emerging evidence of the importance of prehabilitation nutrition
- Apply nutritional strategies used for patients with cancer

Once you've answered these questions, print off this page with your answers and download your certificate, to add to your portfolio.

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1. **Question:**

What is the prevalence of malnutrition in cancer patients?

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**Answer:**

- A. 15%
- B. 30%
- C. 75%

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2. **Question:**

What does sarcopenia refer to?

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**Answer:**

- A. Muscle wasting
- B. Bone density decline
- C. Muscle disease adversely affecting existing muscle quantity, strength and function

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3. **Question:**

When should nutritional screening take place throughout a patient's cancer journey?

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**Answer:**

- A. At diagnosis
  - B. At diagnosis and regularly throughout treatment
  - C. At diagnosis and post treatment
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4. **Question:**

Prehabilitation involves the assessment of:

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**Answer:**

- A. Nutritional assessment, recent biochemistry and fitness
- B. Nutritional assessment, fitness and mental wellbeing
- C. Fitness, past medical history and recent biochemistry

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5. **Question:**

What are the protein recommendations for cancer patients?

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**Answer:**

- A. 1-1.5g/kg/day
- B. 2g/kg/day
- C. 2-2.5g/kg/day

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6. **Question:**

Which tumour subsites have the highest prevalence of malnutrition?

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**Answer:**

- A. Pancreatic, head and neck, gastrointestinal
  - B. Head and neck, liver, thyroid
  - C. Liver, head and neck, lung
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## Answers

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>C</b>	<b>C</b>	<b>B</b>	<b>B</b>	<b>A</b>	<b>A</b>