



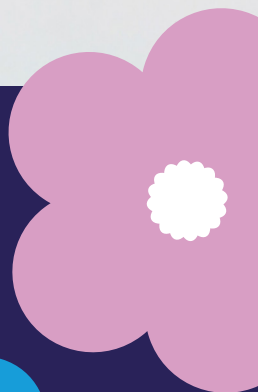
MESOTHELIOMA UK

Mesothelioma and Diet



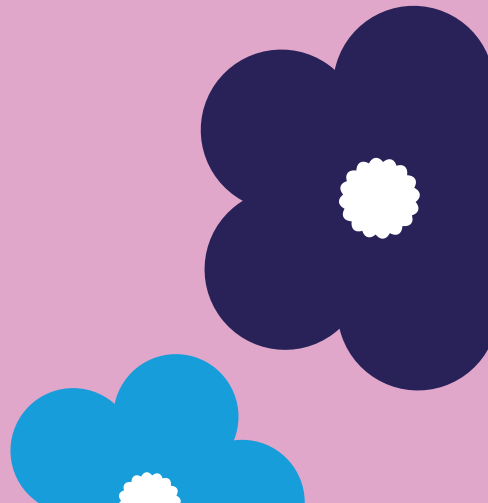
www.mesothelioma.uk.com

0800 169 2409



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Introduction

Mesothelioma is a cancer of the mesothelium, a thin lining (membrane) that covers some of the body's internal organs. It also lines some of the spaces (cavities) within the body. Mesothelioma most commonly affects the lining of the lungs (pleural mesothelioma), and less commonly, the lining of the abdomen (peritoneal mesothelioma).

Alongside symptoms such as shortness of breath, tiredness and coughing, mesothelioma can also cause loss of appetite and weight loss.

Eating well is important. It can help you avoid losing weight, as well as helping your body rebuild damaged tissues, fight infection, and cope with the side effects of treatment.

This booklet aims to give you advice and information about eating well when you have mesothelioma. It gives tips and recipes designed to help with specific problems such as weight loss, changes in taste and difficulty swallowing.

Although written primarily for people with mesothelioma, we realise that some people reading this will be caring for someone with mesothelioma. It can be difficult watching someone you care for struggle with eating, and we hope that you find this booklet helpful.

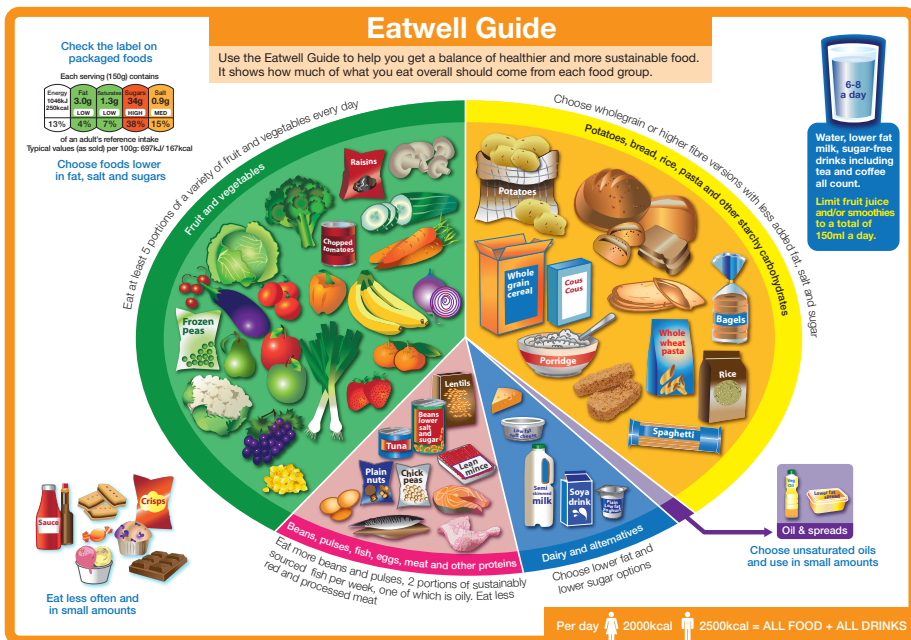
Before making any dietary changes, discuss any questions you have about your symptoms and diet with your healthcare team.

If you need further support, you can also contact the Mesothelioma UK support line on **0800 169 2409**.

What should I be eating?

Many people feel tired and experience a lack of energy in the early stages of the disease. Your appetite may still be very good and there can be a tendency to put on weight. It is important to try to eat healthily to prevent excess weight gain.

A healthy diet is based on a balance of foods consumed across the 5 food groups. Consuming a wide range of foods will help you to obtain the wide range of nutrients required to keep your body functioning properly. Foods high in fat and sugar are not essential to a healthy diet, but add choice and taste. They can also help to increase your calorie intake if you are finding it difficult to eat and are losing weight.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Food groups

1. Protein

Includes meat, fish, shellfish, poultry, eggs, nuts, beans, pulses, soya, tofu and myco protein (Quorn). Aim to eat 2 servings per day.

A serving is:

- A piece of meat/fish about the same size as the palm of your hand and the thickness of your little finger
- 3 average-sized rashers of bacon or slices of ham, or a quarter-pounder beef burger
- 3 heaped tablespoons of beans or lentils
- 2 eggs

2. Fruit and vegetables

Different coloured fruit and vegetables contain different nutrients, so try and vary the ones you eat. Fresh, frozen, tinned and dried all count. Try to eat at least 5 portions a day. A portion is:

- 1 medium sized piece of fruit such as a banana, apple, pear, orange or nectarine, or
- A large handful of berries, cherries or grapes, or
- 1 heaped tablespoon of dried fruit such as raisins, cranberries or sultanas (you only need 30g of dried fruit because the portion size is based on the weight of the fresh fruit), or
- 1 dessert bowl of salad, or
- 3 heaped tablespoons of vegetables or pulses (beans, lentils, chickpeas)
- 150 ml glass of 100% fruit or vegetable juice

3. Carbohydrates/starchy foods

This group includes:

- Rice, pasta, noodles, couscous, bulgur wheat, millet, sorghum, quinoa, cornmeal, oats, barley and rye
- Bread and bread products including rolls, pitta, focaccia, chapattis, bagels, baguette, ciabatta, pizza base, roti and tortillas
- Potatoes and potato products (including baked, boiled and mashed potatoes, oven chips and potato gnocchi)
- Yams, cassava and plantain

Try to include a starchy food at every meal such as potatoes, breads, pasta, rice, noodles or cereals. Approximately 1/3 of our total food intake should come from this group. High fibre or wholegrain varieties usually contain more fibre, vitamins and minerals than refined versions.

You could try a baked potato with skin on, wholegrain breakfast cereal, wholemeal bread, wholewheat couscous or try wholewheat spaghetti with your bolognese.



4. Milk and dairy/alternatives

Includes milk, yoghurt, fromage fraise, cheese, quark, rice/nut/soya milk and yoghurt alternatives. Try to choose 2-3 servings per day.

A serving is:

- 150g pot of yoghurt
- 30g cheese
- 200ml cow's milk or calcium fortified alternative

5. Foods high in fat; foods and drinks high in containing sugar

This group includes cakes, sugary drinks, biscuits, chocolate, sweets, puddings, pastries, ice cream, jam, honey, crisps, butter, margarine and spreads, oil, cream, mayonnaise.

These foods can be eaten in small amounts as part of a healthy, varied diet. Cutting down on these types of food could help you control your weight because they often contain lots of calories.

However, you may wish to increase your intake if you are finding it difficult to eat and are losing weight. More information about increasing your calorie consumption can be found in the section called "Abdominal bloating and loss of appetite" starting on p.6.

Eating difficulties

Sometimes symptoms can make it difficult to eat well. In the following section of this booklet, we give tips and recipes that can help according to your specific symptoms.

Before making any changes to your diet, it is recommended that you discuss your symptoms with your healthcare team first.

Abdominal bloating and loss of appetite

Some people feel full soon after they start eating and are unable to finish their meals due to bloating. This can be a very early and common problem for people who have mesothelioma. This can also happen after surgery. It is unclear why this occurs, but it may be due to changes in the muscle that separates the chest from the gut (the diaphragm). For those with peritoneal mesothelioma the cause can be a build-up of fluid in the abdomen.

It is also very common for people with mesothelioma to experience a loss of appetite at some point. This can be due to drug treatments such as chemotherapy, worry or anxiety as well as the physical effects of the cancer, such as the bloating described above.

Eating “little and often”

If you are not eating as well as you would normally, snacking at regular intervals can help you to eat more. Try to include snacks between meals and before bed. Keeping snacks in easy reach may help.

Snack ideas

Biscuits, cakes and fun sized chocolate bars

Sandwiches with fillings such as: cheese, meat, fish and nut butters

Small pieces of pizza, flan, sausage rolls, scotch eggs and cocktail sausages

Fruit (fresh and dried) with cream or custard

Crackers with cheese or pâté, cheese straws or cubes

Bhajis, pakoras, spring rolls, halva, Bombay mix

Ready-made desserts such as yoghurt, crème caramel, trifle, mousse, cheesecakes

Crisps, nuts, olives, savoury biscuits, bread sticks with houmous or dips

Crumpets, scones, bagels, muffins, croissants, toast, breakfast cereal

Fortifying your food

If you are only eating small portions, the following tips may help you to get more calories without necessarily having to eat more food.

A good place to start is by buying full fat foods and avoiding anything labelled 'light' or 'diet'.

In addition, here are some quick ways to add calories to your existing food:

- Fortify your milk and use it as you would do normally. Simply add 2-4 tablespoons of milk powder such as Marvel or a supermarket own brand to 1 pint of full cream milk. This can be used in drinks, on cereals, in sauces and puddings.
- To savoury foods add cheese, fortified milk, gravy, milk powder, pulses, meat, fish, eggs, cream, crème fraîche, pesto, olive/vegetable oils or butter/margarine (not low fat spread).

Some examples:

- Add meat, fish, beans or pulses to soups and casseroles
- Cheese on mashed potato with milk, milk powder and butter/margarine/olive oil
- Oils, margarine/butter, cheese or white sauce on vegetables
- Add 2 tablespoons of milk powder to a portion of white sauce
- Add grated cheese/cream/ milk or crème fraîche to soup
- Add cream/sour cream or crème fraîche to casseroles
- Add mayonnaise/salad cream or pesto to sandwiches or have 2 fillings, such as egg mayonnaise and bacon or cheese and ham

To sweet foods add fortified milk, sugar, cream, honey, syrup, ice cream, jam, glucose powder, condensed milk, or evaporated milk.

For example:

- Cream/custard/ice cream/evaporated milk with pies, sponge or fruit
- Add extra sugar, honey or syrup to desserts and cereals
- Make jelly with fortified milk instead of water
- Add 2 tablespoons of milk powder to a portion of porridge, milk puddings and custard
- Add cream, yoghurt, sugar, honey, evaporated milk, dried fruit to breakfast cereals

Be aware that sugary foods may cause tooth decay and may not be advisable if you have diabetes. If you have any questions regarding this please discuss it with your healthcare team.



Other ideas:

Hot milk drinks:

Ovaltine, Horlicks, Bournvita, hot chocolate (avoid low calorie types).

Milky coffee, latte, cappuccino.

Double cream can be added to a hot milky drink.

Cold milk drinks:

Milk shakes made with cordials, fruit juice, milk shake syrup or powder. Add a scoop of ice cream for extra nourishment.

Fruit smoothie: blend fruit, for example: banana with milk plus ice cream/yoghurt, nut butters and honey or malt.

Savoury milk drinks:

Instant soups. Bovril or Marmite.

Yoghurt drinks:

Can be purchased, or yoghurts can be diluted with milk to make yoghurt shakes.

Fruit juice and fizzy drinks:

Fruit juice – fresh or long life. Fruit juice mixed with fizzy drinks, for example lemonade are refreshing.

Fizzy drinks, for example Lucozade, Appletiser, Shloer, lemonade, Coca-Cola, tonic water. Try to avoid 'low calorie' and 'diet' options.

Ice cream soda:

Can be made by adding ice cream to a fizzy drink.

Alcohol:

A small glass of wine, beer, sherry or your favourite drink taken 30 minutes before a meal may boost your appetite. Check with your doctor first.

Recipes to help loss of appetite and bloating

Hot drinks

Honey and lemon cup

Calories per drink: 290

- 1/3 pint of fortified milk
- 2 dessert spoons of clear honey
- Dash of lemon juice

Heat the milk with the honey. Remove from the heat and add the lemon juice. Serve immediately.

Chocolate mallow

Calories per drink: 395

- 1/3 pint of fortified milk
- 1 tablespoon of drinking chocolate
- 2 teaspoons of sugar
- 4 marshmallows
- 1 tablespoon of rum if desired

Blend together the drinking chocolate and sugar with a little milk. Heat the remaining milk with 2 marshmallows. Add to chocolate with rum if using. Float remaining marshmallows on top.



Cold drinks

Iced coffee

Calories per drink: 350

- 1/3 pint of fortified milk
- 2 teaspoons of coffee powder
- 2 teaspoons of sugar
- 1 scoop of ice cream

Dissolve coffee in a little hot milk. Add remaining milk, sugar and ice cream. Whisk and place in the fridge until cold.

Milkshake

Calories per drink: 350

- 1 glass of fortified milk
- 1 scoop of ice cream
- Flavouring, for example Crusha milk shake syrup, Ribena, coffee or drinking chocolate
- Or pureed/blended fruit, for example banana, strawberries
- Single cream (30 calories in 1 tablespoons/15g) or double cream (60 calories in 1 tablespoons/15g) can be added if desired

Whisk all the ingredients together.

Desert island delight

Calories per drink: 270

- 1 glass of fortified milk
- Around 30-40ml of pineapple juice
- 1/2 a ripe banana

Liquidise and serve immediately.

Fruit flip

Calories per drink: 260 per 200ml serving

- 400ml fruit juice
- 100ml double cream
- 3 teaspoons sugar

Whisk the double cream into the fruit juice until the 2 blend together. Do not over-whisk the double cream as it will tend to go solid! Add sugar to taste if desired.

Tropical fruit crush

Calories per drink: 155-180

- 100ml fruit juice
- 100ml lemonade (or soda or sparkling water)
- Small brick of ice cream (2oz)

Chill fruit juice and lemonade, or soda water and stir well to mix. Add ice cream.

Peaches and cream smoothie

Calories per portion: 180

- 1 tin peaches
- 8fl oz (250ml) milk
- 2fl oz (60ml) double cream
- 1 scoop vanilla ice cream

Blend all ingredients together and serve immediately.

Fruit smoothie

Calories per portion: 264

- 150ml of carton orange juice
- 1 mashed banana
- 3-4 tablespoons of tinned peaches (in syrup)
- 2 tablespoons of honey

Blend all ingredients together and serve immediately.

Greek cooler

Calories per portion: 484

- 150g/5oz of Greek yoghurt
- 2 tablespoons of honey
- 50ml of fortified milk

Blend all ingredients together and serve immediately.

Supplement drinks

Nourishing powdered drinks

Such as Complan and Meritene. You'll find these drinks in a variety of flavours in most chemists and supermarkets.

Nutritional supplement drinks

There are a wide range of nutritional supplement drinks available on prescription. They can be used to help to maintain your weight. If you feel that you would benefit from using these products, ask your dietitian who will be able to advise you.

Hot soup

Pea, spinach and mint soup

Calories per portion: 333

Serves 4

- 1 onion peeled and roughly chopped
- 1 clove garlic chopped
- 2oz (60g) butter
- 1 large potato, peeled and diced
- 1 pint (600ml) vegetable or chicken stock
- Bag washed spinach
- 6oz (175g) frozen peas
- 2 carrots scrubbed and diced
- Small bunch fresh mint finely chopped or 2 teaspoons dried mint
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- Few parmesan shavings
- Salt and pepper

In a large pan, cook the onion in the butter until soft but not browned. Add the potatoes, garlic, carrots and stock, and simmer until they are soft (approx 15-20 mins). When potatoes are almost cooked, add the spinach and peas. Simmer for a couple of minutes. Mix mint and olive oil and lemon juice in a bowl. Allow the soup to cool (to prevent scalding) before liquidising and season with salt and pepper. Serve in bowls and drizzle with the mint, lemon and oil mixture. Sprinkle with parmesan shavings.

So, a high energy high protein meal plan for one day may look something like this:

Breakfast

- Glass of fruit juice
- Cereal with fortified milk, and/or
- Bread, toast, bagel or croissant with butter, jam, marmalade, nut butters or honey
- Egg, sausage, bacon, or beans

Mid morning snack

- Fortified milk drink, and/or
- Cake, biscuits, teacake, scone or crumpet with butter and jam, and/or
- Biscuits or cheese and crackers

Lunch

- Fortified soup with bread and butter, or
- Toast with beans, cheese, egg, ravioli or tinned spaghetti, or
- Sandwich with meat, cheese, fish or egg mayonnaise, or
- Jacket potato with cheese, beans or tuna mayonnaise, and
- Dessert: Yoghurt, mousse, whip, milk jelly, custard, trifle, milk pudding, sponge and custard or ice cream, tinned/stewed fruit with cream or ice cream

Evening meal

- Meat, cheese, fish, eggs or pulses, and
- Potato, rice, bread or pasta, and
- Vegetables – add butter or grated cheese, or
- Salad – add mayonnaise or salad cream, and
- Dessert: as lunch

Bed-time snack

- Fortified milk drink, and
- Biscuits, crumpet or cake, or
- Cereal with fortified milk, or
- Sandwich or toast



In addition:

- Be positive about what you do eat – every extra mouthful helps.
- Try not to get out of the habit of eating. You actually need to eat to stimulate your appetite by eating regularly.
- Make the most of the times you feel like eating.
- Don't worry if it isn't 'normal' foods at 'normal' times – if you fancy cereal at midnight, enjoy it!
- A short walk before a meal or some fresh air may help give you an appetite.
- A small glass of wine, beer, sherry or your favourite drink taken 30 minutes before a meal may boost your appetite. Check with your doctor first.
- Experiment with different foods. You may find that you like things you don't usually eat.
- Accept offers from friends and relatives to help with cooking and shopping.
- Convenience foods are a useful standby and can be just as nourishing.
- If you have a freezer, try to prepare food in advance when you feel like cooking and store it for when you are not feeling so well.
- Avoid filling yourself up with large servings of vegetables, salads, water and fizzy drinks. They provide fibre and bulk, but little energy.
- Sometimes the smell of food will be appetising while at other times it may put you off. If this happens, try to keep away from the kitchen while food is being prepared, or eat cold foods, which often smell less.
- Avoid drinking with meals as this may fill you up and spoil your appetite.

Nausea

Some people experience nausea as a result of their treatment or the mesothelioma itself. There are a few things you can try:

- Plain, dry or cold foods – although sometimes it's a case of whatever you fancy eating
- Avoid cooking smells if this makes the nausea worse
- Ginger can help some people, for example ginger sweets or tea
- Aim to eat 'little and often' and avoid long gaps between meals

If the nausea persists, speak to your healthcare team about anti-sickness medication.



Change in taste

Change in taste is common with all cancers. In mesothelioma this can be due to the cancer itself or the side effects of treatment.

You may find that foods you previously enjoyed now taste unpleasant. Foods such as red meat or coffee can taste bitter while some people complain of a metallic taste. Others find everything tastes the same 'like cardboard', 'a bit chemically', very salty or very sweet. Some people may find that food does not taste of anything at all or doesn't taste 'normal'.

Drinking plenty of fluids and keeping your mouth and tongue clean will give you the best chance of being able to taste your food. Make sure to brush your teeth regularly after meals, and use a soft toothbrush to clean your tongue if necessary.

If your mouth is sore, ask your doctor to advise you on an appropriate mouthwash or medication to help. Rinsing your mouth with water or a weak salt solution (add 1 teaspoon of salt to 600ml/1 pint of water) may also be helpful.

If your tongue feels coated you can try pineapple juice or a small amount of fizzy drink to help clean your mouth. If your tongue is coated white, ask a health professional to review it as you may need treatment for oral thrush.

As well as these tips, you can also try adjusting what you eat, you'll find some ideas to help with this on the next few pages.

Ideas to help

- Eat the foods that you do like the taste of and avoid those that you don't. Try any 'problem' foods again after a few weeks as your taste may have returned to normal.
- If sweet foods taste too sweet try a selection of savoury foods instead.
- Sharp tasting foods such as grapefruit, lemon, pineapple and drinks such as bitter lemon may help stimulate your taste buds, increase the flow of saliva and get rid of any unpleasant taste in your mouth.
- If meat tastes bitter or metallic try marinating it before cooking. For example: in fruit juice, wine, barbecue or sweet and sour sauce.
- If meat tastes unpleasant, don't worry. Fish, milk, cheese, eggs and pulses such as lentils and beans can all provide the same nourishment as meat.
- Avoid cooking in metallic containers and use plastic or wooden utensils.
- Some people find cold or warm foods easier to manage and more palatable than hot. Here are a few ideas that may help you:
 - Cold quiche
 - Cold sliced turkey or chicken, or sardines, mackerel with bread and salad
 - Vegetable tarts
 - Sandwiches with fillings such as ham and cheese, smoked ham and mustard, cheese onion and mayonnaise, cheese and pickle, tuna with mayonnaise and cucumber, egg or prawn with mayonnaise, smoked salmon and cheese, houmous, nut butters etc.

- If tea and coffee taste strange, try alternative drinks such as:
 - Herbal tea, fruit tea, lemon or green tea
 - Milky drinks such as hot chocolate, flavoured milk shakes, smoothies, lattes
 - Fruit juices, cordials or fizzy drinks
 - Flavoured or carbonated water
- If foods taste bland, try adding strong tasting herbs and spices, for example oregano, rosemary or sauces such as soya, Worcestershire and barbecue.
- Stronger or smoked versions of foods may also help; for example, strong cheddar cheese or smoked cheese, smoked ham, smoked salmon.
- Try dropping a stock cube into the cooking water for potatoes, rice or pasta.

““ We took a ‘go with the flow’ approach, and if one thing did not quite work, we'd try again with another.

Suggested flavourings:

Foods in **bold type** – if you have a sore mouth it may be best to avoid these foods as they could make your mouth more uncomfortable.

Beef:	Add horseradish, tomato, beer, mustard, ginger, black pepper , bay leaf
Chicken:	Add natural or Greek yoghurt, garlic, orange/lemon juice , pesto, black bean sauce, thyme, tarragon, coconut, paprika
Fish:	Add black pepper, lemon juice , parsley, dill, coriander, paprika, almonds, coconut
Pork:	Add cider, ginger , garlic, rosemary, apple, sage, thyme, pineapple
Lamb:	Add mint, rosemary, basil, redcurrant, apricot
Cheese:	Add onion, pickle, piccalilli, chutney
Potato:	Add mint, parsley, onion , cheese
Rice:	Add turmeric, onion, pesto, stock, saffron, caraway seeds
Peas:	Add mint, parsley
Carrots:	Add parsley, orange, coriander, tarragon, cloves, caraway seeds
Tomato:	Add basil, oregano, marjoram
Cabbage:	Add bacon, nutmeg, apple, thyme

Other ideas to add some flavour: **Sweet chilli dipping sauce, brown sauce, tomato sauce**, salad cream, salad dressing, mayonnaise, seafood.

Difficulty swallowing food

Difficulty swallowing food, known as dysphagia, can occur when the walls surrounding the gullet (oesophagus) become thickened or compressed. This can narrow the food pipe and make swallowing more difficult. Eating softer foods can help. The following gives some tips and ideas for soft meals and snacks.

- Eating 'little and often' may be more manageable – aim for small frequent meals and snacks every 2 to 3 hours.
- Try using sauces, gravy, butter, cream or custard to soften foods. For example, have fish in sauce, fruit with cream, sponge with custard or cream.
- Soften foods by chopping, mincing or mashing.
- Small sips of drink with a meal can help to moisten your food.
- Meats should be well cooked and tender – try stewing, casseroles etc.
- Warm foods may be more soothing. Allow a piping hot meal or drink to cool before eating or drinking.
- Try to avoid foods that require a lot of chewing and are difficult to swallow. For example, tough gristly meat, raw vegetables and nuts.
- You may need to take nutritious drinks between your meals to supplement your intake. Your dietitian will advise you about this.

Ideas for meals and snacks

Meat and poultry

- Shepherd's pie, cottage pie, corned beef hash, meat loaf
- Minced meats and gravy or sauce e.g. bolognese
- Sausages (may be easier to manage if skinless)
- Tender meat or chicken in stews, hotpots or casseroles
- Potted meat and pates
- Chicken in a cream sauce
- Moussaka
- Lamb or chicken curry

Fish

- Flaked fish (without bones) in white/cheese/parsley sauce
- Fisherman's pie, fish mornay, fish and potato nests
- Fish mousse or light pate
- Tinned fish, for example tuna, salmon, sardines, pilchards – mixed with salad cream, mayonnaise or cheese sauce
- Taramasalata
- Fish paste
- Fish curry
- Prawns in sauce

Eggs

- Serve scrambled, poached, boiled or as an omelette (add cheese if desired)
- Egg mayonnaise
- Egg dishes for example: sweet/savoury egg custard, soufflés
- Whisk into milk puddings prior to cooking
- Ensure that eggs are well cooked if receiving chemotherapy

Pasta dishes

- Lasagne, bolognese sauce over pasta
- Macaroni cheese
- Ravioli, tortellini, cannelloni with different sauces, such as cheese or tomato
- Pasta in creamy sauce, for example carbonara
- Savoury noodles
- Tinned spaghetti with grated cheese

Vegetarian dishes

- Lentils or chickpeas made into dahl
- Dips, such as houmous, guacamole, cream cheese
- Ratatouille
- Savoury bread and butter pudding
- Cauliflower cheese
- Homemade soup without 'bits'

Potatoes and vegetables

- Soft carrots, turnip, swede, cauliflower, marrow are easily mashable
- Add extra butter/margarine
- Add milk to mashed potatoes
- Try adding grated cheese
- Serve with a white/cheese sauce or gravy
- Instant mashed potato is a quick alternative
- Mash the inside of a jacket potato with butter and add a suitable filling

Desserts

- Sponge pudding with custard/cream/ice cream
- Bread and butter or sticky toffee pudding with custard or cream
- Milk puddings, for example rice pudding, semolina. Milk puddings can be made with fortified milk (2-4 tablespoons of dried milk powder to 1 pint of full cream milk).
- Whip, mousse, fruit fool, jelly, crème caramel, blancmange, trifle
- Pancakes – savoury with a sauce, sweet with cream/ice cream
- Yoghurt, fromage frais, milk jelly
- Ice cream, sorbet
- Tinned/stewed/mashed fruit with cream, custard, ice cream, yoghurt

Snacks

- Full fat cream cheese or cheese spread
- Dip biscuits in warm drinks to soften



For families and carers

Seeing someone you care about struggle with food is hard. When someone is unwell it is natural to want them to eat more. It is also a way that you can feel like you are able to do something for them, when so often you feel powerless to help.

“ [It] felt like all we did was talk about food all the time; what’s mum eaten, what might she like, what can we buy, what can we cook. It became all-consuming.

This can put pressure on all of you. There are other ways you can help. Perhaps, if well enough, you could think about going out for a meal together.

“ Occasionally eating out with friends and family is a pleasure – using two small starters from a menu means you can join in and enjoy the event.

If the person is in care it can make things more difficult. Some people bring food in from home. However, you can talk to the kitchen and discuss ways they could adjust meals they provide.

Talking to other people going through a similar experience can also be beneficial. Information about our support line, who can put you in touch with relevant organisations, is on the next page.

Getting support

Difficulties eating can have a big impact on how you feel not only physically, but also emotionally. If you (and this includes people who may be caring for someone with mesothelioma) need support talk to your healthcare team or call the Mesothelioma UK support line on **0800 169 2409**. They can put you in contact with a mesothelioma nurse specialist as well as signpost you to other resources such as local support groups.



Mesothelioma UK

provides specialist,
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