



Improving nutrition and overall well-being is crucial for patients dealing with bladder cancer, as it can help support treatment, enhance recovery, and improve quality of life.

First let's talk about nutrition. Eating a variety of foods ensures you get a broad range of essential nutrients. Include a mix of fruits, vegetables, whole grains, lean proteins, and healthy fats in your diet. Try to prioritize protein as protein helps with tissue repair and maintaining muscle mass, which can be particularly important during and after cancer treatment. Good sources include lean meats, poultry, fish, eggs, dairy products, beans, and legumes. Staying hydrated is important for managing the side effects of treatment, such as the impact on the kidneys and constipation. Try to reduce intake of highly processed foods, sugary snacks, and foods high in saturated fats. These can contribute to weight gain and other health issues.

As we treat bladder cancer of all stages, we know that our treatment can come with some significant side effects. For those who experience nausea and a loss of appetite, eating smaller more frequent meals may help. Your doctor will also have several strategies and medications to assist with nausea. It is equally important to prevent and manage constipation. Try to include high-fiber foods like fruits, vegetables, and whole grains in your diet. Drinking enough fluids and staying physically active can also help prevent constipation.

Achieving and maintaining a healthy weight can help improve your overall health and may enhance your ability to tolerate treatment such as surgery. We recommend that all patients stay physically active as much as they can. All patients should engage in regular, moderate physical activity, such as walking or gentle exercise, as tolerated. Exercise can boost your mood, improve energy levels, and help manage treatment side effects.

Receiving a diagnosis of cancer and going through treatment can have significant impacts on your emotional well-being. Seek support and reach out to support groups, friends, and family. Emotional support can help you cope with the stress and challenges of cancer treatment. Also, consider professional help as counselling or therapy can provide emotional support and strategies to cope with the psychological aspects of dealing with cancer.

Keep your healthcare providers informed about any changes in your health or side effects you're experiencing. They can offer guidance and adjust your treatment plan as needed. They will also be able to guide you to specific resources in your area which can help. Techniques such as mindfulness, yoga, and relaxation exercises can complement traditional treatments and contribute to overall well-being. By incorporating these strategies, you can support your body's ability to handle treatment, recover more effectively, and enhance your overall quality of life while managing bladder cancer.

Presenter: [Dr. Bimal Bhindi, Oncologist, Calgary, AB](#)



Local Practitioners: [Oncologist](#)