No hot, no watery, no sweet, give correct food to patients receiving chemotherapy —CSCO-Lilly medical experts' auditorium gave a speech on lung cancer in Wuhan

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The first speech of CSCO-Lilly medical experts' auditorium in the year of 2011 was given on February 15th in Wuhan. Professor Shiying Yu, the chief of Tongji Cancer Center, and chairman of CRPC, brought a speech on "how to deal with the chemotherapy of lung cancer", which was well received by more than one hundred patients and their relatives.

The speech included three parts. (1) Lung cancer and its treatment are a subject of global interest; (2) We should treat lung cancer with comprehensive therapy; (3) How to deal with the chemotherapy of lung cancer.

"Lung cancer, as one of the most common malignant diseases, has the highest cancer morbidity and mortality in developing countries. Chemotherapy plays an important role in the comprehensive therapy. It not only improves the outcomes of early stage, but also prolongs the patients' life in late stage." said by professor Yu.

However, many patients and their relatives had misunderstandings on chemotherapy and its adverse reactions.

For example, they preferred porridge and sweets, which actually had low nutritional value and could worsen their nausea and vomiting.

"Patients should keep their dietary habit. Give them

Fig. 2 Professor Yu answered the questions provided by netizens

what they want, but no hot, no watery and no sweet. On the other hand, protein is important for the body fighting against diseases, so the patients should take enough meat and eggs. If the patient doesn't want any food for the reason of nausea and vomiting, he should not be forced to eat anything. After all, missing one or two meals means little for his health, especially when we have parenteral nutrition."

Besides, keeping a comfortable room temperature and treating constipation could relieve nausea and vomiting.

Similar misunderstandings happened when the patients and their relatives dealt with other adverse reactions: constipation, dental ulcer, abnormal liver & renal function, bone marrow suppression, rash, alopecia, peripheral nerve numbness, fatigue, etc..

After the speech, professor Yu answered the questions provided by netizens and audiences.

The program "CSCO-Lilly medical experts' auditorium" was hosted by CACA and exclusively sponsored by antitumor division of Lilly. The auditorium was held once in a month. Patients and their relatives could access to the auditorium on-site or on-line, which brought much more people involved.

Fig. 1 The auditorium