



ANNOUNCEMENT

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Cancer Treatment: the Critical Role of the Dietitian

To commemorate **World Cancer Day** on 4 February, 2018 (<http://www.worldcancerday.org/>), the **EFAD's European Specialist Dietetic Network for Oncology** released the statement on the role of dietitian in cancer treatment.

The cancer patient's nutritional status and physical condition can influence the outcome of medical treatment. Additionally, the interaction between patient's diet, patient's nutritional status, patient's cancer type and stage are extremely complex. **Dietitians, as experts** in human nutrition with an understanding of the nuances of cancer treatment, **are the only ones uniquely qualified to manage the diet of cancer patients**. Thus, dietitians have an **important role** within the multi-disciplinary medical team in ensuring that nutrition of each individual patient is optimised.

Dietitians not only ensure comprehensive nutritional assessment and appropriate dietary treatment for people diagnosed with cancer, but can also **advise and educate other health professionals**. Furthermore, dietitians **participate in development of policies and guidelines** for the management of cancer-related malnutrition and lead initiatives in relevant research on the interaction of cancer treatment, nutritional status and diet.

Dietitians work in a variety of settings, including cancer centres, general hospitals, hospices and the community. This enables dietitians to **advise the healthy population on diet strategies for cancer prevention**.

Lifestyle changes can reduce the incidence of cancer in the population or even prevent the onset of cancer. These changes include proper nutrition and maintenance of ideal body weight, and dietitians are ideally suited to help people make these lifestyle changes

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The European Federation of the Associations of Dietitians

Executive Director:
Judith A. Liddell

Postal Address:

Ziegeleiweg 4
46446 Emmerich am Rhein
Germany

Phone+49-2822-68367
Fax +49 2822-68358
Email secretariat@efad.org
Web www.efad.org

Executive Committee:

Honorary President

Prof Anne E de Looy
School of Health Professions
Derriford Road
University of Plymouth
Plymouth
PL6 8BH
United Kingdom

Honorary Vice President

Annemieke van Ginkel-Res

Honorary Treasurer

Manuela Thul

Members

Pauline Douglas
Elke Naumann
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Fiona McCullough
Grigoris Risvas
Despina Varaklas

Registered Address:

Fisconti Tax Consulting
President Kennedylaan 19
2517 JK The Hague
The Netherlands

**Kamer van Koophandel
(Chamber of Commerce in
NL) registration number:**
40215656

**European Commission
Transparency Register
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EUROPEAN
FEDERATION OF
THE ASSOCIATIONS
OF DIETITIANS

The Voice of European Dietitians

ABOUT EFAD

EFAD is the voice of 35.000 European dietitians from 35 member associations, and the only organisation advocating for dietitians in Europe. (www.Efad.org).

The aims of EFAD are to:

- Promote the development of the dietetic profession
- Develop dietetics on a scientific and professional level in the common interest of the member associations
- Facilitate communication between national dietetic associations and other organisations – professional, educational, and governmental
- Encourage a better nutrition situation for the population of the member countries of Europe.

Contact:

The European Federation of the Associations of Dietitians
Judith Liddell RD
EFAD Executive Director
+49 2822 68367
secretariat@efad.org

European Specialist Dietetic Network for Oncology
Clare Shaw, PhD, RD, FBDA – ESDN Lead
Clare.Shaw@rmh.nhs.uk
+44 20 7808 2819
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