



## ANNOUNCEMENT

March 2018

### **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**

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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](http://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.

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