



MANAGING SIDE-EFFECTS OF MEDICATIONS THROUGH NUTRITION



Interstitial Lung Disease

Speakers

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Why Nutrition

1

Meds Side-effects

Managing symptoms with nutrition

2

Healthy Weight Matters

3

Eating Well

4

Wrap up

Resources and Q&A

5

Nutrition is a component of your disease management

Eating well will give you energy to:

- 🍷 Breathe
- 🍷 Fight Infections
- 🍷 Cope
- 🍷 Maintain or improve weight and strength
- 🍷 Carry out activities of daily living



"But I cannot eat because of my meds"

- Anti-fibrotic agents are prescribed - Ofev and Esbriet
- Helps slow the progression of lung scarring (fibrosis)
- Common to experience side-effects

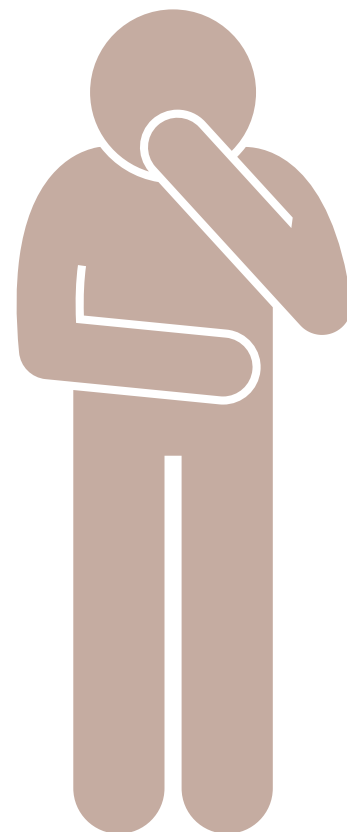


Side-Effects

 Ofev

 Esbriet

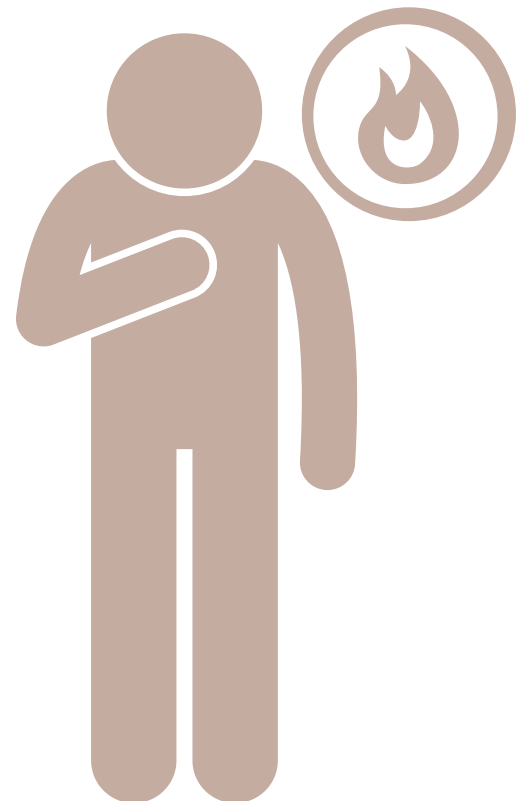
Which ones are you experiencing?



Nausea



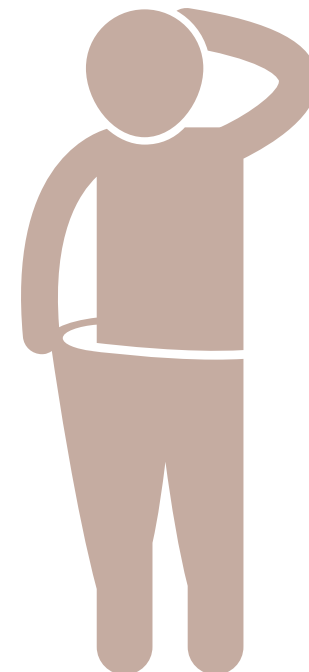
Vomiting



Reflux



Low Appetite



Weight Loss



Diarrhea



Managing symptoms

Overcoming Nausea



- Small frequent meals/snacks
- Try these plain and easy to digest foods:



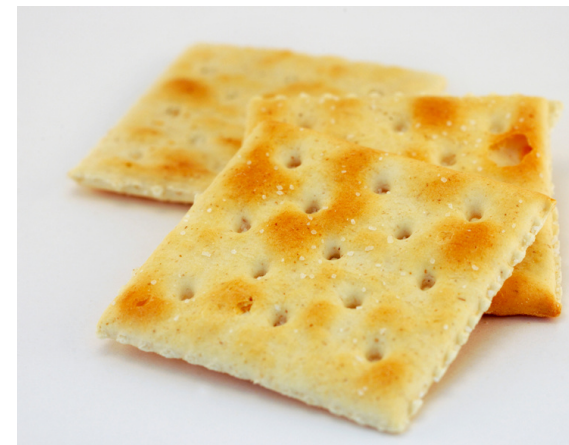
Steamed
Rice



Boiled
Potatoes



Dry
Cereal



Dry
Crackers/
toast



Cream of
wheat



Low-salt
broth

- Avoid spicy, greasy, overly sweet foods
- Try ginger ale, ginger tea, peppermint tea

Overcoming Nausea

If you feel better, add more foods like:

- Light soups - chicken, vegetable
- Broiled, boiled, or baked lean meat, poultry, fish
- Low fat milk, yogurt, cheese



Recognize your nausea triggers

- Avoid your trigger foods
- Eat cold or room temperature foods
- Open window or use a fan
- Stay out of kitchen

Managing Vomiting

1 Stop eating and drinking for at least 30 minutes

- Water
- Low-salt broth
- Jello
- Popsicles
- Juices
- Soft drinks, flat

2 Have clear fluids every 10-30 minutes

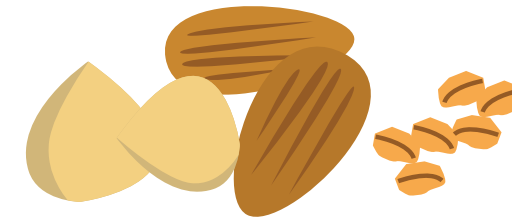
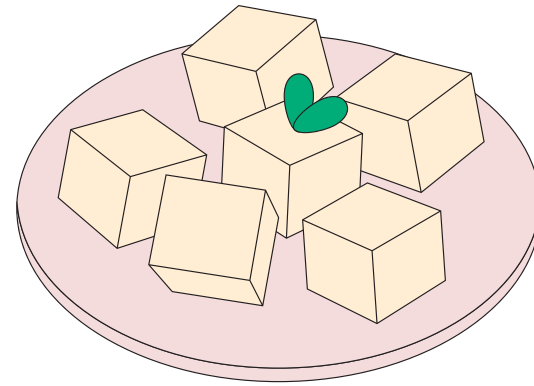
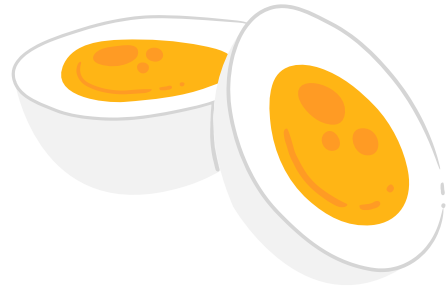
- Crackers
- Mashed potatoes
- Banana
- White bread
- Rice
- Boiled noodles/pasta
- Oatmeal
- Cream of wheat

3 Start including starchy foods

Managing Vomiting

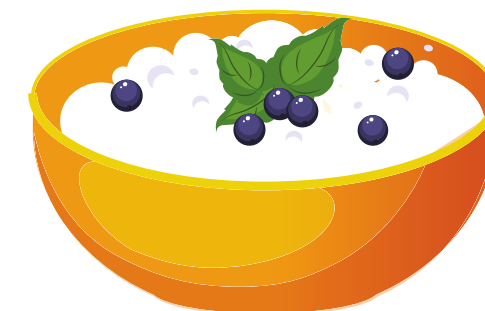
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Add protein-rich foods



5

Finally include dairy products

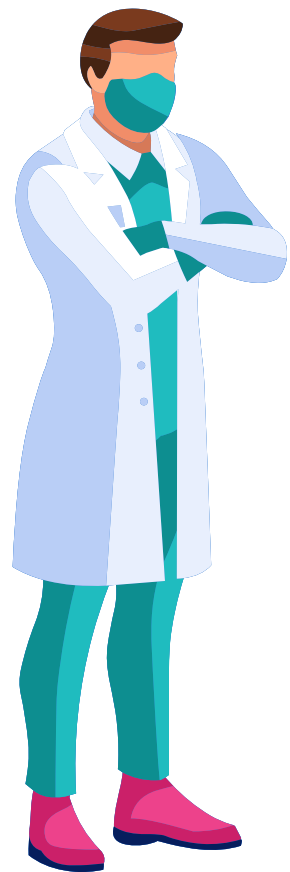


Nausea & Vomiting

Tell your health care team right away if:

- you are not able to keep water, food, or pills down
- there is blood or what looks like 'coffee grounds' in your vomit
- you have severe stomach pain or headache
- you are weak, dizzy, confused, very drowsy

Speak to the team about taking **anti-nausea Medication**



Managing Reflux/Heartburn

- Small frequent meals/snacks
- Eat and drink slowly
- Limit spicy as well as acidic foods
- Limit alcohol and caffeine consumption
- Choose low fat foods and cooking methods
- Wait 1-2 hours after eating before going to bed
- Identify your own triggers



Managing Diarrhea

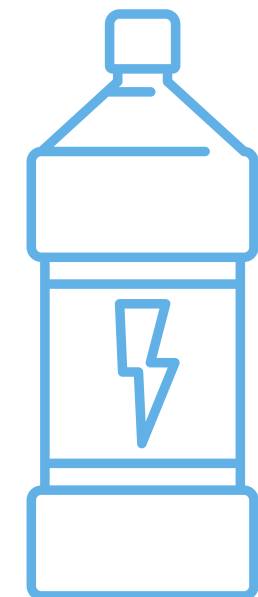


Prevent Dehydration

- Drink 8-10 cups of clear fluids
 - water, broth, jello, popsicle, juice
- Avoid caffeine beverages - coffee, tea, sodas
- Drink additional cup of fluids for each loose bowel movement

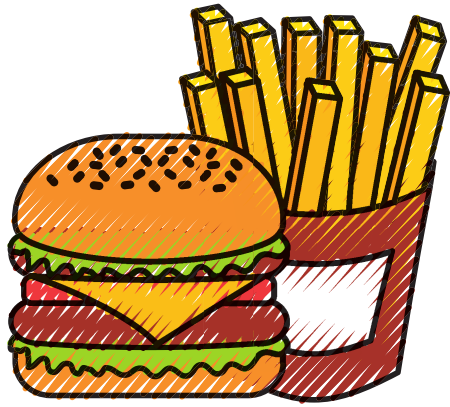
Replenish electrolytes

- Sodium - broth, soup, crackers, pretzels
- Potassium - peeled potato, banana, oranges, juices
- *Pedialyte, Gatorade, Powerade*



Managing Diarrhea

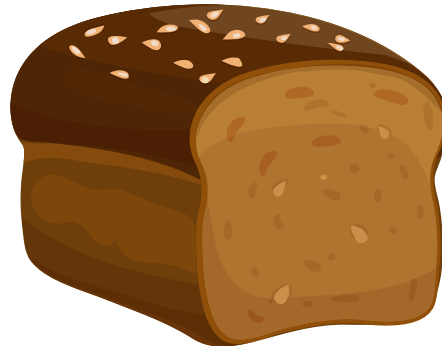
AVOID:



Fried/greasy foods



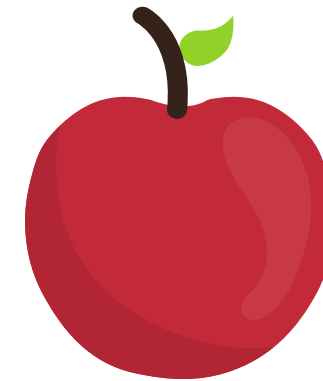
Rich desserts



Whole grain



Raw vegetables



Fruits with thick peel

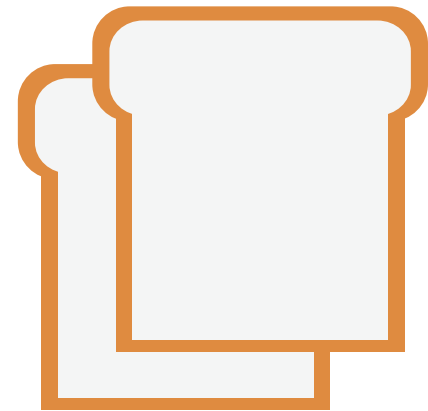


Nuts/seeds

INCLUDE



Lower-fat foods



Refined grain



Oat fiber



Cooked vegetables



Apple Sauce



Nut Butter

Managing Diarrhea



Other Strategies

- Small frequent meals/snacks
- Avoid Milk products, if worsening diarrhea
 - **yogurt, hard cheese, buttermilk maybe okay**
 - **lactose-free milk/plant-based beverages**
- Anti-diarrhea medicines
 - **Imodium**
 - **Metamucil**

Coping with loss of appetite

- Treat food like medicine
 - don't wait until you are hungry
 - eat on schedule - set alarms or ask someone to remind you
- Choose your favorite foods any time of the day
- Have your largest meal at time of day when most hungry
- Keep snacks such as nuts, nut-butter, high-fat yogurt
- Take nutritional supplements - Ensure, Boost
- Speak to health care team about any other potential treatment options

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Healthy weight matters

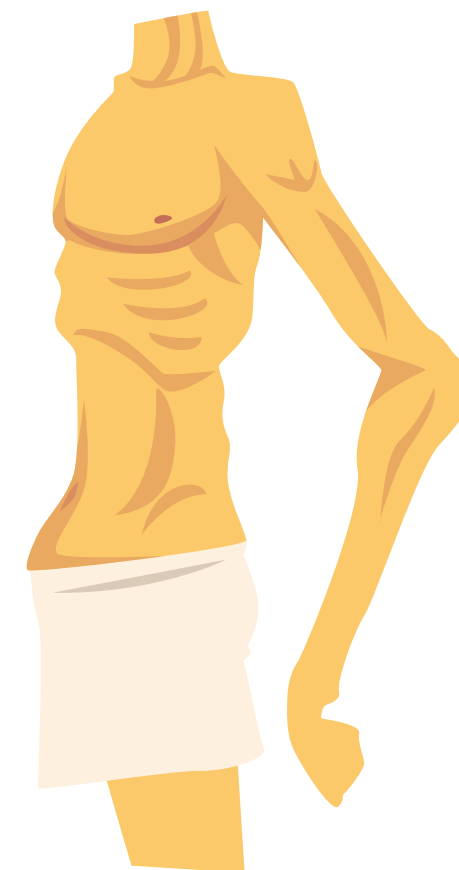


Overweight

- Can make breathing difficult
- Increases risk of co-morbidities - diabetes, hypertension, heart disease
- Impacts quality of life

Underweight

- Decrease energy levels
- More susceptible to infections
- Impacts quality of life





Ideal body weight

Body Mass Index (BMI)

- Calculated using weight and height

Recommended healthy BMI range

- For adults age 18-64: 18.5 - 24.9kg/m²
- For adults age ≥65: 22 - 27kg/m²

BMI range for Lung Transplant

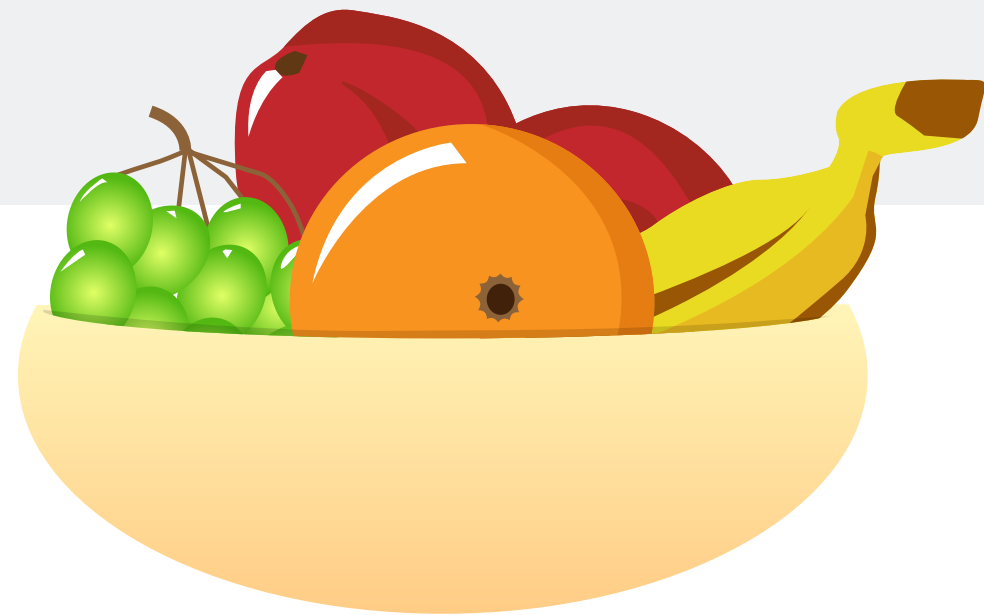
- Adults of all age: 17 - 27kg/m²;
maximum 30kg/m²



Eating Well for healthy weight



- Everyone's nutritional needs vary
- Your healthcare provider or registered dietitian can help you find ways to eat well
- In general, try to eat balanced meals following Canada's Food Guide Recommendations



Have you seen
Canada's Food Guide
before?



Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods





Resources

- Calculate your body mass index
- How to manage nausea and vomiting
- How to manage heartburn/reflux
- How to manage diarrhea
- How to manage loss of appetite
- Nutrition for Interstitial Lung Disease
- Increasing Calories and Protein in your diet
- Eating Well with Canada's Food Guide

THANK YOU

ANY QUESTIONS?

