

Diet and Nutrition Consult Integrative Medicine Center (IMC)

After your initial consult, with the Integrative Medicine doctor, you may be referred to a registered dietitian (RD). An RD helps you understand the benefits of nutrition and healthy eating before, during and after cancer treatment. The goal is to create a custom plan for healthy eating during your cancer journey. Nutrition plans may focus on:

- Special needs or dietary restrictions
- Managing side effects of treatment
- Healthy cooking
- Preventing and managing long-term conditions
- Reaching a healthy weight
- Starting healthy habits

Nutrition Counseling

If you already eat a healthy diet, it may be helpful to meet with a dietitian to talk about your current eating habits. Sometimes improvements or certain changes can be made to help you have a better quality of life.

The IMC follows the American Institute for Cancer Research and the World Cancer Research Fund (AICR/WCRF) recommendations for cancer prevention. The goal is to help you achieve positive, long-term changes in your health and lifestyle. You will receive the support you need as you take the steps to make these changes. A consult may help you:

- Achieve and keep a healthy body weight.
- Create a nutrition plan that works best for you.
- Learn the benefits of certain foods as well as how to include them into your everyday diet.
- Answer any nutrition and food-related questions about nutrition and cancer.
- Improve awareness of how what you eat affects your health and wellness.

Your First Visit

The dietitian will meet with you to talk about your preferences, nutrition concerns and any medical conditions. Your medical history and dietary needs will guide the recommendations from the dietitian. Together, you will set goals that will work best for you. If interested, ask a member of your health care team to refer you for an integrative medicine consult.

Integrative Medicine Center

Phone: 832-750-3685

Email: MyChart

Fax: 832-750-3674

Hours: Monday through Friday, 8 a.m. to 5 p.m.

Website: www.MDAnderson.org/IntegrativeMedCenter