

Guide to navigating...

Hormone Therapy

What is hormone therapy?

Hormone therapy is a treatment that blocks or lowers the number of hormones in the body to slow or stop the growth of hormone receptor-positive breast and ovarian cancers.

What are some common nutrition-related side effects?

- Hot Flashes and Night Sweats: These can lead to dehydration.
- Fatigue: May reduce appetite and motivation to prepare healthy meals.
- Joint and Muscle Pain: Can affect physical activity levels.
- Weight Gain: Common with certain hormone therapies.
- Nausea and Vomiting: Can impact nutrient intake.
- Loss of Appetite: May result in inadequate nutrition.

How can I prepare for hormone therapy?

- Avoid Favorite Meals Before Treatment: To prevent developing aversions if nausea occurs.
- Prep Meals in Advance: Prepare and freeze nutritious meals to have on hand during treatment.
- Stay Hydrated: Begin drinking plenty of fluids before starting therapy to prevent dehydration.
- Nutrient Intake: Consider increasing intake of calcium and vitamin D to support bone health.

How can I support myself nutritionally during hormone therapy?

- Increase Protein Intake: To help maintain muscle mass and strength.
- Regular Hydration: Drink water regularly to stay hydrated and manage hot flashes.
- Eat Vitamin-Rich Foods: Incorporate fruits and vegetables to support immune function.
- Manage Nausea: Eat small, frequent meals and avoid greasy or spicy foods.
- Monitor Weight: Maintain a balanced diet to manage weight changes effectively.
- Bone Health: Include foods rich in calcium and vitamin D, such as dairy products, leafy greens, and fortified foods.

For more information on nutrition and management of treatment-related side effects, visit our all-access [Nutrition Hub](#), and view our [Side Effect Guide](#).