

Rabitaanka Cuntada oo Luma ka dib Daweyn Kaansar

Loss of Appetite with Cancer Treatment

Loss of appetite is one of the most common problems with cancer treatment. Eating healthy meals and drinking liquids will help you feel better during treatment.

Follow these tips to improve your appetite:

- Eat small meals more often during the day.
- Drink liquids if you do not feel like eating solid food. Try juice, soup, milkshakes, and liquid or powdered meal supplements such as Carnation Breakfast Essentials, Boost or Ensure.
- Keep snacks with you and eat whenever you feel like it.
- Drink liquids between meals so that you are not too full to eat at mealtime.

Talk to your doctor, nurse or dietitian about dealing with any eating problems you may have.

Rabitaanka cuntada oo luma waxa uu ka mid yahay dhibaatooyinka ugu caansan ee ka yimaada daweynta kaansarta. Cunista cuntooyin caafimaad leh iyo cabista cabitaano ayaa kaa gargaari doona in aad fiicnaan dareentid inta lagu jiro daweynta.

Raac talooyinkan si aad u hagaajisid rabitaankaaga cuntada:

- Cun cuntooyin yaryar marrar badan inta maalinta lagu jiro.
- Cab cabitaan haddii aad dareensan tahay in aanad cuni karin cunto adke ah. Isku day miir ama juus, maraq, isku-dar caano (milkshake), iyo cuntada kabista ah ee hooraha ama budada ah sida — Quraac Deg-degta ah.
- Hayso cuntooyin fudud oo cun markasta oo aad dareentid in aad rabtid.
- Cab cabitaano inta u dhexeysa cuntooyinka si aanad u noqon qof aad u dheregsan wakhtiga cuntada.

Dhakhtarkaaga, kalkaalisada, ama nafaqo-yaqaanka kala hadal wixii ah dhibaatooy cunis ee aad qabtid.

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