

**NUTRITION NOTES**  
**October 2020**

- **Head and Neck Cancer (HNC) Survivors = Nutrition Impact Symptoms (NIS):** Significant themes were found in recent research aimed to assess chronic NIS on the lives of HNC survivors: symptom presence, dietary preferences, eating adjustments and addressing symptoms (dysphagia, xerostomia, taste alterations and chewing difficulty). “All survivors experienced 1 or more chronic NIS, yet nearly 40% were unaware before treatment that NIS had the potential to persist chronically.” This insightful information can help bridge the gap between treatment and follow up care and shows the importance of a Registered Dietitian in the care team before, during and after cancer treatment.
- **DM and Liver Disease:** The correlation of DM and liver disease is on the rise and considered to be a hepatic manifestation of metabolic syndrome. 50% of people living with DM also have non-alcoholic fatty liver disease (NAFLD); of those 37% suffer from non-alcoholic steatohepatitis (NASH). Screening for liver disease (especially those patients with diabetes and those at risk for metabolic syndrome) can uncover inflammation/liver damage and management can potentially shut down the pathway to progressed liver disease. At this time, lifestyle change including weight loss and increase in activity are the sole strategies for management.
- **Who is most at risk for binge eating during the pandemic?** A recent study revealed people who have faced social stigma about their weight are three times more likely to struggle with binge eating compared to those who hadn't during the coronavirus pandemic. Research also showed this population was most often young adults and had higher levels of /depression, stress, eating as a coping strategy and binge-eating behaviors.

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