

Specialized Dietary Supplements

Being told you have **cancer** is probably everyone's nightmare. It doesn't end there. Tumours of the digestive tract, for example, can cause **constriction** and pain in the surrounding **tissue** and a feeling of being full. Many patients find it hard to eat normally.

The effect of tumour-**growth** on neurotransmitters is a further aspect of how tumours lead to **lack of appetite**, **nausea** and **vomiting**. **Not to mention** the effects of chemotherapy and medication. That's why correct **nutrition** plays a **considerable** role in the

recovery of cancer patients. Especially **elderly** patients have problems recovering their appetites. Fortunately, a lot can be done to help the patient on the **road to recovery**: nutrition for the needs of patients who have difficulty chewing and swallowing, or simply have no appetite.

Female customer: Good morning, do you speak English?

PTA: Hello, yes I do. How may I help you?

It's my **mother-in-law**, she has just finished **a course of** chemotherapy and she is now recovering at home. The problem is this: she doesn't seem to have any appetite. And she was already very **slim** when she started treatment, but now she's just skin and bone.

How did she **cope** with the chemo?

She suffered terribly from nausea and diarrhoea, but the chemo seems to have worked.

These problems are not unusual. In fact, quite a lot of older patients suffer from malnutrition - especially after a chemo. Yes, my husband told me that's what they said at the hospital. Is there anything that you can recommend?

Certainly. We have this complete drink, which comes in a variety of different flavours.

My mother-in-law's doctor recommended that we get a dietary supplement for her at the pharmacy! What does it contain?

Each solution contains a **high-calorie, protein-rich drink with all the nutrients necessary to help people get back on their feet. We've got different flavours and also a tasteless one.**

Does it contain a lot of sugar? A lot of those supermarket drinks a full of sugar.

No, the composition corresponds to the daily needs.

What is the dosage?

Five bottles a day if it is to be used as a replacement for normal nutrition, and two to three bottles a day as a supplement. The drinks are drunk slowly, distributed throughout the day. You should also make sure that she gets enough other fluids.

Okay, I'll take one packet to get started and see how we get on with that.

We have it in stock, so if you need it again in a few days, I can reserve a pack for you.

That would be very nice, thank you. Bye, see you soon!

You are welcome. Goodbye.

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

Dietary Supplements	Nahrungsergänzung
cancer	Krebs
constriction	Verengung
tissue	Gewebe
growth	Wachstum
lack of appetite	Appetitlosigkeit
nausea	Übelkeit, Brechreiz
vomiting	Erbrechen
not to mention	ganz zu schweigen (von)
nutrition	Ernährung
considerable	erheblich
elderly	ältere Menschen
road to recovery	Weg der Besserung
mother-in-law	Schwiegermutter
a course of	(med.) Behandlung
slim	schlank
cope	es schaffen (etwas Schwieriges bewältigen)
malnutrition	Mangelernährung
tasteless	geschmacksneutral
replacement	Ersatz
in stock	auf Lager