
Additional resources

Visit these websites for healthy recipes, nutrition information and research-based oncology information:

American Cancer Society

www.cancer.org

American Institute for Cancer Research

www.aicr.org

Cook for Your Life

www.cookforyourlife.org

Yale Cancer Center

www.yalecancercenter.org/patient/care/nutrition.aspx

The information in this brochure and on the associated websites is intended for educational use only; it is not intended to provide, or to be a substitute for, professional medical advice, diagnosis or treatment. Only a physician or other qualified healthcare professional can provide medical advice, diagnosis or treatment. Always consult with your physician on all matters of your personal health.

Smilow Clinical Nutrition Services

203-688-0705

smilownutrition@ynhh.org

Yale
NewHaven
Health
Smilow Cancer
Hospital

Yale CANCER
CENTER
A Comprehensive Cancer Center Designated
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Nutrition Services



Good nutrition during and after cancer treatment is important.

A registered dietitian nutritionist (RDN) is your best guide to factual, reliable nutrition advice. The dietitians at Smilow Cancer Hospital and Smilow Cancer Care Centers can help you make healthy food choices during and after cancer treatment. They can also help with the side effects of treatment.

Inpatient nutrition care

Many patients have questions about food choices once they are admitted to the hospital, especially when they notice changes in appetite or other symptoms related to cancer treatment: What can I eat? What should I eat? How can I eat when I don't feel like it? The RDN can help you with meal choices on the hospital menu. Ask your doctor, nurse or the front desk on your unit to arrange for a dietitian to visit you at no cost.

Outpatient nutrition care

Good nutrition is especially important while you receive outpatient care, such as chemotherapy or radiation. Ask your nurse, medical assistant or doctor to contact the dietitian for you. Our dietitians can see you during treatment, help you over the phone or schedule an appointment. The service is free to patients receiving care at Smilow Cancer Hospital and Care Centers.



Ask to see the dietitian if you or a loved one is concerned about:

- Loss of appetite
- Diarrhea or constipation
- Nausea or vomiting
- Taste changes
- Trouble swallowing or eating
- Mouth sores
- Weight loss
- Vitamins, minerals or supplements
- Healthy eating and getting to or staying at a healthy weight.

Survivorship Clinic at Yale Cancer Center

When you are done with treatment, visit the dietitian at the Survivorship Clinic for nutrition advice. In addition to the dietitian, the Survivorship Clinic brings together a team of healthcare providers including a medical oncologist, an advanced practice nurse, physical therapist and social worker to give patients and their families vital information on cancer prevention, wellness, supportive services and the latest research in cancer survivorship. Call 203-785-CARE for an appointment.

Long-term weight management at Yale New Haven Hospital

Dietitians at Yale New Haven Hospital Center for Nutrition and Wellness are ready to help you lose weight and adopt a healthy diet when you are done with treatment. Call the Center for Nutrition and Wellness at 203-688-2422. Staff will help you get the needed physician's referral. (Insurance coverage varies for Center for Nutrition and Wellness visits; a fee may be charged.)

The Yale Metabolic Health and Weight Loss Clinic is another option. Talk to your Inpatient Nutrition Care dietitian or doctor about a referral or call 203-785-4138 for more information.

Contact Smilow Clinical Nutrition Services at 203-688-0705 or smilownutrition@ynhh.org.

Other outpatient Smilow Cancer Hospital locations

Contact Smilow Clinical Nutrition Services at 203-688-0705, smilownutrition@ynhh.org.

Derby

The Center for Cancer Care at Griffin Hospital
350 Seymour Avenue, Suite 6
Derby, CT 06418
203-734-1664

Fairfield

111 Beach Road
Fairfield, CT 06824
203-255-2766

Greenwich

Smilow Cancer Hospital
Greenwich Campus
77 Lafayette Place
Greenwich, CT 06830
203-863-4350

Guilford

Yale New Haven Shoreline
Medical Center
111 Goose Lane, Suite 1300
Guilford, CT 06437
203-453-9192

Hamden

Radiation Oncology
2080 Whitney Avenue
Hamden, CT 06518
203-867-5622

Hartford

Saint Francis Hospital and
Medical Center
114 Woodland Street
Hartford, CT 06105
860-714-4680

New Haven

Smilow Cancer Hospital
at Yale New Haven Hospital
20 York Street
New Haven, CT 06510
203-688-4242

North Haven

North Haven Medical Center
6 Devine Street, Suite 2C
North Haven, CT 06473
203-407-8002

Orange

240 Indian River Road
Building A, Suite 1A
Orange, CT 06477
203-795-1664

Torrington

Charlotte Hungerford
Hospital Center for Cancer Care
200 Kennedy Drive
Torrington, CT 06790
860-482-5384

Trumbull

Park Avenue Medical Center
5520 Park Avenue, Suite 203
Trumbull, CT 06611
203-337-8728

Waterbury

The Harold Leever
Regional Cancer Center
1075 Chase Parkway, Suite B
Waterbury, CT 06708
203-755-6311