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
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.

**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.

**Other outpatient Smilow Cancer Hospital locations**
Contact Smilow Clinical Nutrition Services at 203-688-0705, smilownutrition@ynhh.org.

- **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 Harriet Beecher Clinic
    - 1075 Chase Parkway, Suite B
    - Waterbury, CT 06708
    - 203-755-6311

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