



**DR. BHAVIN'S
CANCER CARE GUIDE**

Nutrition • Side-Effect Management • Recovery • Mind & Well-being



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ગુજરાતી • **ENGLISH** • हिंदी

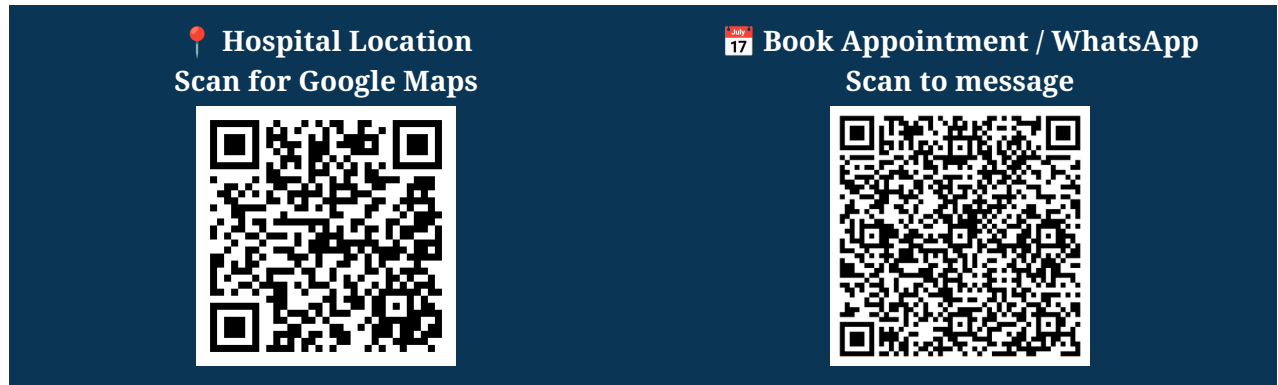
Patient & Family Handbook | 2026 Edition

HOW TO USE THIS GUIDE

This booklet is designed to help patients and families manage everyday nutrition and common treatment side effects.

It does not replace your oncologist. Treatment, medicines, supplements and dietary restrictions can differ according to cancer type, treatment regimen, radiation field and other illnesses.

Use the language section most comfortable for you: Gujarati first, then English, then Hindi.



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ગુજરાતી માર્ગદર્શિકા
દર્દી અને પરિવાર માટે સરળ કેન્સર સારવાર માર્ગદર્શિકા



1. શું અને કેટલું ખાવું?

એક જ “cancer diet” નથી. Treatment દરમિયાન લક્ષ્ય છે: શક્તિ જાળવવી, weight/muscle બચાવવું અને treatment સમયસર ચાલુ રાખી શકાય એટલું nutrition મેળવવું.

સમય	સરળ વિકલ્પો
સવાર	દૂધ/દહીં + પોહા/ઉપમા/ઓટ્સ/ઢોકળા + ઈંડું અથવા પનીર/મુંગ
મધ્ય સવાર	ફળ + દહીં / લસ્સી / છાશ (સહન થાય તો) / nuts powder
બપોર	દાળ/કઠોળ + ભાત/ખીચડી/રોટલી + શાક + દહીં + પનીર/ઈંડું/ચિકન/માછલી
સાંજ	દૂધ/સ્મૂથી/સૂપ + પનીર/ચીલા/ઈંડું/પીનટ બટર toast
રાત્રે	નરમ ખીચડી/દાળ-ભાત/રોટલી + protein source + શાક
સૂતા પહેલાં	દૂધ અથવા prescribed nutrition/protein supplement

Protein: ખાસ ધ્યાન કેમ?

Cancer treatment દરમિયાન ઘણીવાર સામાન્ય કરતાં વધુ proteinની જરૂર પડે છે. ચોક્કસ target તમારા weight અને clinical condition પર આધારિત છે; dietitian/doctor વ્યક્તિગત target નક્કી કરે. દરેક mealમાં protein source ઉમેરવાનો સરળ નિયમ રાખો.

Veg protein	Egg / Non-veg protein
દૂધ, દહીં, પનીર	સંપૂર્ણપણે પાકેલું ઈંડું
દાળ, મુંગ, ચણા, રાજમા	સારી રીતે પાકેલું chicken/fish
સોયા/tofu	ઘરે સ્વચ્છ રીતે તૈયાર કરેલું meat
પીનટ/નટ્સ (ચાવી શકાય તો)	Protein supplement - જરૂર હોય તો doctor/dietitian મુજબ

Protein powder ક્યારે?

ખોરાકથી પૂરતું protein ન મળી રહ્યું હોય, appetite ઓછું હોય, weight ઘટતું હોય અથવા chewing/swallowing મુશ્કેલ હોય ત્યારે nutrition/protein supplement મદદરૂપ થઈ શકે છે. Diabetes, kidney disease અથવા liver diseaseમાં product અને માત્રા doctor/dietitian સાથે નક્કી કરો.

Glutamine sachet વિશે

Head & neck chemoradiationમાં oral glutamineથી mouth mucositis ઘટાડવામાં મદદ થઈ શકે એવી guideline-level “suggestion” અને કેટલાક positive studies છે, પરંતુ evidence સંપૂર્ણ એક્સરખું નથી. એટલે દરેક patient માટે routine self-medication તરીકે નહીં; treating oncology team સલાહ આપે ત્યારે જ લો. IV/parenteral glutamine અલગ બાબત છે.

2. શું ટાળવું?

- તમાકુ, માવો, ગુટખા, smoking અને alcohol - સંપૂર્ણ બંધ.
- કાચું/અર્ધપાકું ઈંડું, meat, fish; unpasteurized milk; લાંબા સમયથી બહાર પડેલું food.
- મોઢામાં ચાંદા હોય તો બહુ તીખું, ખાટું, ખૂબ ગરમ, કરકરું/કઠણ food.
- Random antioxidant megadose, herbal/ayurvedic supplements અથવા “cancer cure” powder - oncology teamની મંજૂરી વગર નહીં.
- Sugarને સંપૂર્ણ zero કરવાની જરૂર નથી. Diabetes હોય તો control જરૂરી; મુખ્ય મુદ્દો balanced nutrition છે.

3. Chemotherapy - side effects અને શું કરવું

સમસ્યા	ઘરે શું કરવું / ક્યારે ફોન કરવો
ઉબકા/ઉલટી	Anti-vomiting medicines સમયસર લો; થોડું-થોડું ખાવો; સૂકો/સાદો ખોરાક અજમાવો. પાણી પણ ન રહી શકે, સતત vomiting અથવા urine બહુ ઓછું થાય તો સંપર્ક કરો.
ભૂખ ઓછી	5-6 નાના meals; protein/calorie-dense food; ભૂખ સારી હોય તે સમયે મોટો meal.
મોઢામાં ચાંદા	Soft toothbrush; alcohol-free mouth care; સાદું baking soda/salt rinse doctorની સલાહ મુજબ; તીખું/ખાટું/કરકરું ટાળો. પીવું મુશ્કેલ થાય તો ફોન કરો.
ઝાડા	Fluids/ORS; હળવો ખોરાક. વારંવાર watery stools, blood, dizziness, fever અથવા dehydration હોય તો તરત સંપર્ક.

કબજિયાત	Fluids, ચાલવું, સહન થાય તો fibre; prescribed laxative. પેટ ફૂલવું + vomiting/તિવ્ર pain હોય તો urgent.
ચેપ/તાવ	Chemo દરમિયાન fever ગંભીર હોઈ શકે. 38°C અથવા વધુ તાવ, chills અથવા ખૂબ નબળાઈ હોય તો oncology teamને તરત સંપર્ક કરો - પોતાની રીતે antibiotics શરૂ ન કરો.
થાક	દિવસમાં હળવી activity + rest; સતત bed rest નહીં. અચાનક શ્વાસ ચઢવો/ચક્કર/છાતીમાં દુખાવો હોય તો urgent.

4. Head & Neck Radiation - side effects

સમસ્યા	સરળ કાળજી
Mucositis / મોઢામાં દુખાવો	નરમ, ઠંડું/રૂમ-temperature food; mouth care; pain medicines prescribed પ્રમાણે. Intake ઘટે તો વહેલી જાણ કરો.
Dry mouth / ગાઢ થૂંક	વારંવાર પાણીના sips; sugar-free gum/candy જો safe હોય; moist food, gravy; oral hygiene.
Swallowing pain	Soft/pureed high-protein food; નાના bites; dietitian/speech-swallow teamની સલાહ. Choking થાય તો તરત જણાવો.
Taste બદલાવ	વિવિધ mild flavours અજમાવો; metallic taste હોય તો non-metal cutlery અજમાવી શકાય.
Skin reaction	Radiation area પર doctor-approved moisturizer; ઘસવું/ખંજવાળવું નહીં; sun exposure ઓછું. કોઈ cream પોતાની રીતે treatment પહેલાં ન લગાવો.
Weight loss	Weekly weight track કરો; 5-6 meals; oral nutrition supplements; જરૂર પડે તો feeding support અંગે વહેલી ચર્ચા.

5. Immunotherapy - ખાસ સાવચેતી

Immunotherapyની side effects ક્યારેક શરીરની immunity પોતાના organs પર અસર કરે તેથી થાય છે. નવી અથવા વધતી symptom “સામાન્ય” માનીને રાહ ન જુઓ.

આ symptoms થાય તો oncology teamને ઝડપથી જણાવો

- નવા/વધતા diarrhea અથવા પેટમાં દુખાવો
- નવો cough, શ્વાસ ચઢવો અથવા chest pain
- પીળાશ, dark urine અથવા તીવ્ર nausea
- અસામાન્ય severe fatigue, dizziness, headache, confusion
- નવો widespread rash/blisters
- ઘણું તરસવું/વારંવાર urine, palpitations અથવા અચાનક weight change

6. રોજિંદી activity, yoga અને મનોબળ

- શરીર મંજૂરી આપે તો રોજ હળવું walking કરો; લાંબો bed rest muscle loss વધારે છે.
- Gentle breathing/pranayama, meditation અને yoga stress/sleepમાં મદદ કરી શકે છે; dizziness, bone metastasis, recent surgery અથવા severe weakness હોય તો exercise plan પૂછો.
- 7-9 કલાક sleepનો પ્રયત્ન કરો.
- પ્રાર્થના/આધ્યાત્મિકતા/પરિવારનો સહારો copingમાં મદદરૂપ થઈ શકે છે - પરંતુ cancer treatmentનો વિકલ્પ નથી.

7. વારંવાર પૂછાતા પ્રશ્નો (FAQ)

Cancerમાં sugar સંપૂર્ણ બંધ કરવી?

ના. Sugar cancerને “ખવડાવે છે” કહીને બધું carbohydrate બંધ કરવું યોગ્ય નથી. Diabetes હોય તો sugar control કરો; otherwise balanced diet અને adequate calories/protein મહત્વના છે.

ફળ ખાઈ શકાય?

હા, સામાન્ય રીતે સારી રીતે ઘોઈને fresh fruit લઈ શકાય. Low counts/immune suppression હોય તો તમારી teamની food-safety advice follow કરો.

દૂધ/દહીં લઈ શકાય?

સહન થાય અને pasteurized હોય તો સામાન્ય રીતે લઈ શકાય. Diarrhea/lactose intolerance હોય તો alternative પૂછો.

Protein powder જરૂરી છે?

દરેકને નહીં. Foodથી જરૂરિયાત ન પૂરી થાય ત્યારે ઉપયોગી થઈ શકે.

Juice કે special dietથી cancer મટી શકે?

કોઈ special juice, alkaline/ketogenic diet, vitamin અથવા supplement cancer cure કરે છે એવો વિશ્વસનીય પુરાવો નથી.

વજન ઘટે તો ક્યારે જણાવવું?

વજન સતત ઘટે, ખોરાક અડધાથી ઓછો થઈ જાય, swallowing pain વધે અથવા 24 કલાક fluids પૂરતા ન લઈ શકો તો વહેલી જાણ કરો.

તાત્કાલિક સંપર્ક કરો

- 38°C અથવા વધુ તાવ (ખાસ કરીને chemotherapy દરમિયાન)
- શ્વાસમાં તકલીફ, chest pain, confusion અથવા બેહોશી
- પાણી પણ ન રહી શકે એવી સતત vomiting
- severe diarrhea/dehydration અથવા stoolમાં blood
- અચાનક severe rash/blisters
- ખાવું/પીવું લગભગ બંધ થવું અથવા choking

આ ગાઇડ general patient education માટે છે. દવાઓ, dose, supplements અથવા treatmentમાં ફેરફાર તમારા treating oncology teamની સલાહ વગર ન કરો.

આ માર્ગદર્શિકા કયા આધાર પર તૈયાર છે?

- National Cancer Institute (NCI): Nutrition During Cancer Treatment; food safety; dietary supplements.
- MASCC/ISOO mucositis guidelines: basic oral care and oral glutamine evidence in head & neck chemoradiation.
- General oncology safety principles for chemotherapy fever and immune-related adverse events.

ડૉ. ભાવિન વડોદરિયા, MS, DrNB

કન્સલ્ટન્ટ સર્જિકલ ઓન્કોલોજિસ્ટ (કેન્સર સર્જન)

એપિક મલ્ટિસ્પેશિયાલિટી હોસ્પિટલ

રૂમ નં. 40, ગ્રાઉન્ડ ફ્લોર | પંડિત દિનદયાળ હોલ સામે | રાજપથ ક્લબ રોડ, બોડકદેવ | એસ. જી. હાઇવે પાસે, અમદાવાદ

[હોસ્પિટલનું Google Maps લોકેશન](#)

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તાત્કાલિક દર્દી સંબંધિત જરૂરિયાત માટે WhatsApp દ્વારા પણ સંપર્ક કરી શકો છો.

ENGLISH GUIDE

A simple cancer-treatment handbook for patients and families



1. What and how much should I eat?

There is no single “cancer diet.” During treatment, the practical goals are to maintain strength, preserve weight and muscle, and obtain enough nutrition to continue treatment safely.

Time	Simple options
Breakfast	Milk/yogurt + poha/upma/oats/dhokla + egg or paneer/moong
Mid-morning	Fruit + yogurt/lassi/buttermilk if tolerated + ground nuts
Lunch	Dal/beans + rice/khichdi/roti + vegetables + yogurt + paneer/egg/chicken/fish
Evening	Milk/smoothie/soup + paneer/chilla/egg/peanut-butter toast
Dinner	Soft khichdi/dal-rice/roti + protein source + vegetables
Bedtime	Milk or prescribed nutrition/protein supplement

Protein matters

Many patients need more protein during treatment. The exact target depends on body weight and clinical condition, so a dietitian can individualize it. A useful rule is to include a protein source at every meal.

Vegetarian	Egg / Non-vegetarian
Milk, yogurt, paneer	Fully cooked eggs
Dal, moong, chickpeas, rajma	Well-cooked chicken/fish
Soy/tofu	Hygienically prepared meat
Peanuts/nuts	Protein supplement when advised

When is protein powder useful?

It may help when food alone does not meet needs, appetite is poor, weight is falling, or chewing/swallowing is difficult. In diabetes, kidney disease or liver disease, choose the product and dose with your doctor/dietitian.

What about glutamine sachets?

For head-and-neck chemoradiation, guidelines have offered a limited suggestion in favor of oral glutamine for prevention of oral mucositis, but studies are not fully consistent. It should therefore not be routine self-medication; use it only when your oncology team recommends it. IV/parenteral glutamine is a different intervention.

2. What should I avoid?

- Tobacco, mavo/gutkha, smoking and alcohol.
- Raw/undercooked eggs, meat or fish; unpasteurized milk; food left unrefrigerated for long periods.
- If you have mouth sores: very spicy, acidic, very hot, hard or crunchy foods.
- High-dose antioxidant, herbal/ayurvedic supplements or “cancer cure” powders unless cleared by the oncology team.
- You do not need to make sugar absolutely zero. If you have diabetes, control blood glucose; otherwise focus on balanced nutrition.

3. Chemotherapy: common side effects

Problem	What to do / when to call
Nausea/vomiting	Take prescribed antiemetics on time; eat small amounts. Call if even fluids will not stay down, vomiting persists, or urine becomes very low.
Poor appetite	Use 5-6 small meals and protein/calorie-dense foods; eat more when appetite is best.
Mouth sores	Soft toothbrush, alcohol-free mouth care; avoid spicy/acidic/crunchy foods. Call if drinking becomes difficult.

Diarrhea	Fluids/ORS as advised and simple foods. Call urgently for frequent watery stools, blood, fever, dizziness or dehydration.
Constipation	Fluids, gentle walking, tolerated fibre and prescribed laxatives. Severe pain/bloating with vomiting needs urgent review.
Fever/infection	During chemotherapy, a temperature of 38°C or higher or chills can be serious. Contact the oncology team immediately; do not self-start antibiotics.
Fatigue	Balance light activity with rest; avoid prolonged bed rest. Sudden breathlessness, chest pain or marked dizziness needs urgent assessment.

4. Head & neck radiation

Problem	Practical care
Oral mucositis	Soft, cool/room-temperature foods; mouth care and prescribed pain relief. Report falling intake early.
Dry mouth/thick saliva	Frequent sips of water; sugar-free gum/candy if safe; moist foods/gravy and careful oral hygiene.
Painful swallowing	Soft/pureed high-protein foods and small bites; report choking promptly.
Taste change	Try different mild flavours; non-metal cutlery may help metallic taste.
Skin reaction	Use only team-approved moisturizer; avoid rubbing/scratching and excess sun. Do not apply unapproved products just before treatment.
Weight loss	Track weight weekly; use 5-6 meals and oral nutrition supplements; discuss feeding support early if intake is inadequate.

5. Immunotherapy: symptoms that need attention

Immunotherapy can occasionally cause the immune system to inflame normal organs. Do not wait for a new or worsening symptom to become severe.

Contact your oncology team promptly for

- **New/worsening diarrhea or abdominal pain**
- **New cough, shortness of breath or chest pain**
- **Yellow eyes/skin, dark urine or severe nausea**
- **Unusual severe fatigue, dizziness, headache or confusion**
- **New widespread rash or blisters**
- **Marked thirst/frequent urination, palpitations or sudden weight change**

6. Activity, yoga and emotional well-being

- If your body allows, do light daily walking; prolonged bed rest accelerates muscle loss.
- Gentle breathing exercises, meditation and yoga can help stress and sleep. Ask first after recent surgery, with dizziness, bone metastases or severe weakness.
- Aim for regular sleep, often 7-9 hours if feasible.
- Prayer, spirituality and family support can help coping, but they do not replace cancer treatment.

7. Frequently asked questions

Should I stop all sugar?

No. Eliminating all carbohydrate is not necessary. Control glucose if you have diabetes; otherwise adequate calories and protein are the priority.

Can I eat fruit?

Usually yes: wash fresh fruit carefully. If your blood counts are low, follow your team's food-safety advice.

Can I take milk/yogurt?

Usually yes if pasteurized and tolerated.

Does everyone need protein powder?

No. It is useful mainly when food intake is not enough.

Can a special juice or diet cure cancer?

There is no reliable evidence that a special juice, alkaline/ketogenic diet, vitamin or supplement cures cancer.

When should weight loss be reported?

Report persistent weight loss, intake falling to about half, worsening swallowing pain, or inability to maintain fluids over a day.

Seek urgent medical advice

- Temperature 38°C or higher during chemotherapy
- Breathing difficulty, chest pain, confusion or fainting
- Persistent vomiting with inability to keep fluids down
- Severe diarrhea/dehydration or blood in stool
- Sudden severe rash/blisters
- Near-complete inability to eat/drink or choking

This is general patient education. Do not change medicines, doses, supplements or cancer treatment without your treating oncology team.

Medical basis

- National Cancer Institute (NCI): Nutrition During Cancer Treatment, food safety and supplement guidance.
- MASCC/ISOO mucositis guidelines: oral care and oral glutamine evidence in head & neck chemoradiation.
- Standard oncology safety principles for chemotherapy fever and immune-related adverse events.

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WhatsApp is also available for urgent patient-related communication.

हिंदी मार्गदर्शिका

मरीज और परिवार के लिए आसान कैंसर उपचार मार्गदर्शिका



1. क्या और कितना खाएं?

कोई एक “cancer diet” नहीं है। इलाज के दौरान लक्ष्य है: ताकत बनाए रखना, वजन और muscle बचाना, और treatment को समय पर पूरा करने लायक nutrition लेना।

समय	आसान विकल्प
सुबह	दूध/दही + पोहा/उपमा/oats/ढोकला + अंडा या paneer/moong
मिड-मॉर्निंग	फल + दही/lassi/छाछ (सहन हो तो) + nuts powder
दोपहर	दाल/beans + चावल/खिचड़ी/रोटी + सब्जी + दही + paneer/egg/chicken/fish
शाम	दूध/smoothie/soup + paneer/chilla/egg/peanut-butter toast
रात	नरम खिचड़ी/दाल-चावल/रोटी + protein source + सब्जी
सोने से पहले	दूध या prescribed nutrition/protein supplement

Protein पर खास ध्यान

इलाज के दौरान कई मरीजों को सामान्य से अधिक protein की जरूरत होती है। Exact target आपके वजन और medical condition पर निर्भर है। आसान नियम: हर meal में एक protein source रखें।

Vegetarian	Egg / Non-veg
दूध, दही, paneer	पूरी तरह पका अंडा
दाल, मूंग, चना, राजमा	अच्छी तरह पका chicken/fish
soy/tofu	स्वच्छ तरीके से तैयार meat
peanut/nuts	जरूरत हो तो doctor/dietitian के अनुसार protein supplement

Protein powder कब?

जब सामान्य भोजन से protein पूरा न हो, appetite कम हो, वजन गिर रहा हो या chewing/swallowing मुश्किल हो, तब supplement उपयोगी हो सकता है। Diabetes, kidney या liver disease में product और मात्रा डॉक्टर/dietitian से तय करें।

Glutamine sachet

Head & neck chemoradiation में oral glutamine से mouth mucositis कम करने में मदद मिल सकती है; guidelines में सीमित समर्थन है और studies पूरी तरह एक जैसी नहीं हैं। इसलिए इसे routine self-medication की तरह न लें - oncology team की सलाह पर ही लें।

2. क्या न लें?

- तंबाकू, मावा, गुटखा, smoking और alcohol पूरी तरह बंद।
- कच्चा/अधपका egg, meat/fish; unpasteurized milk; लंबे समय से बाहर रखा खाना।
- मुँह में छाले हों तो बहुत spicy, sour, बहुत गरम, hard/crunchy food।
- Random high-dose antioxidants, herbal/ayurvedic supplements या “cancer cure” powders बिना oncology team की अनुमति नहीं।
- Sugar को पूरी तरह zero करना जरूरी नहीं। Diabetes में control जरूरी है; balanced nutrition ज्यादा महत्वपूर्ण है।

3. Chemotherapy: side effects

समस्या	क्या करें / कब फोन करें
Nausea/Vomiting	Anti-vomiting medicines समय पर लें; थोड़ा-थोड़ा खाएं। पानी भी न टिके, लगातार vomiting या urine बहुत कम हो तो संपर्क करें।
भूख कम	5-6 छोटे meals; high-protein/high-calorie food; जब भूख बेहतर हो तब बड़ा meal।
मुँह के छाले	Soft toothbrush, alcohol-free mouth care; spicy/sour/crunchy food से बचें। पीना मुश्किल हो तो बताएं।
Diarrhea	Fluids/ORS; हल्का भोजन। बार-बार watery stools, blood, dizziness, fever या dehydration में तुरंत संपर्क।

Constipation	Fluids, हल्की walking, tolerated fibre, prescribed laxative। पेट फूलना + vomiting/severe pain में urgent review।
Fever/Infection	Chemotherapy में 38°C या अधिक fever/chills गंभीर हो सकते हैं। तुरंत oncology team से संपर्क करें; खुद से antibiotic न शुरू करें।
Fatigue	हल्की activity + rest; लगातार bed rest न करें। अचानक breathlessness/chest pain/dizziness में urgent help।

4. Head & Neck Radiation

समस्या	देखभाल
Mucositis	Soft, cool/room-temperature food; mouth care; prescribed pain relief; intake कम हो तो जल्दी बताएं।
Dry mouth/thick saliva	बार-बार पानी; sugar-free gum/candy यदि safe हो; moist food/gravy; oral hygiene।
Swallowing pain	Soft/pureed high-protein food; छोटे bites; choking हो तो तुरंत बताएं।
Taste change	Mild flavours बदलकर देखें; metallic taste में non-metal cutlery मदद कर सकती है।
Skin reaction	Doctor-approved moisturizer; rubbing/scratching और तेज धूप से बचें; treatment से पहले कोई cream खुद से न लगाएं।
Weight loss	हर सप्ताह weight check; 5-6 meals; nutrition supplement; जरूरत पर feeding support पर जल्दी चर्चा।

5. Immunotherapy: खास सावधानी

Immunotherapy कभी-कभी immunity को अपने organs पर हमला करने के लिए trigger कर सकती है। नई या बढ़ती symptom को “सामान्य” मानकर इंतजार न करें।

इन symptoms में जल्दी oncology team को बताएं

- नया/बढ़ता diarrhea या पेट दर्द
- नया cough, सांस फूलना या chest pain
- पीलिया, dark urine या severe nausea
- बहुत ज्यादा fatigue, dizziness, headache या confusion
- नया widespread rash/blisters
- बहुत प्यास/बार-बार urine, palpitations या अचानक weight change

6. Walking, yoga और मनोबल

- शरीर अनुमति दे तो रोज हल्की walking करें; लंबे bed rest से muscle loss बढ़ता है।
- Gentle pranayama/meditation/yoga stress और sleep में मदद कर सकते हैं; recent surgery, dizziness, bone metastasis या severe weakness में पहले पूछें।
- 7-9 घंटे की नींद का प्रयास करें।
- प्रार्थना, spirituality और परिवार का support coping में मदद कर सकते हैं - यह cancer treatment का replacement नहीं है।

7. FAQ

क्या sugar पूरी तरह बंद करनी है?

नहीं। सारे carbohydrates बंद करना सही नहीं। Diabetes हो तो sugar control करें; adequate calories और protein जरूरी हैं।

फल खा सकते हैं?

आमतौर पर हाँ - अच्छी तरह धोकर fresh fruit लें। Low counts में अपनी team की food-safety advice follow करें।

दूध/दही?

Pasteurized और सहन हो तो आम तौर पर लिया जा सकता है।

Protein powder जरूरी?

हर मरीज को नहीं। भोजन से जरूरत पूरी न हो तो उपयोगी हो सकता है।

Special juice/diet cancer ठीक कर सकती है?

ऐसा विश्वसनीय प्रमाण नहीं है कि कोई special juice, alkaline/ketogenic diet, vitamin या supplement cancer cure करता है।

वजन कम हो तो कब बताएं?

वजन लगातार घटे, intake आधा हो जाए, swallowing pain बढ़े या 24 घंटे fluids पर्याप्त न ले पाएं तो जल्दी बताएं।

तुरंत संपर्क करें

- 38°C या अधिक fever (खासकर chemotherapy में)
- सांस में तकलीफ, chest pain, confusion या fainting
- लगातार vomiting जिससे पानी भी न टिके
- severe diarrhea/dehydration या stool में blood
- अचानक severe rash/blisters
- खाना-पीना लगभग बंद या choking

यह सामान्य patient education guide है। Medicines, doses, supplements या treatment में बदलाव oncology team की सलाह के बिना न करें।

यह गाइड किस आधार पर है?

- National Cancer Institute (NCI): Nutrition During Cancer Treatment, food safety और supplements guidance.
- MASCC/ISOO mucositis guidelines: oral care और head & neck chemoradiation में oral glutamine evidence.
- Chemotherapy fever और immune-related adverse events के सामान्य oncology safety principles.

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जरूरी मरीज-संबंधित बात के लिए WhatsApp पर भी संपर्क कर सकते हैं।



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