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LOSS OF APPETITE (ANOREXIA) MANAGEMENT

ANOREXIA: Loss of appetite or desire to eat.

Compliance with medications that decrease gastric acid production is essential (Zantac, Pepcid, Protonix etc).

Try to eat 1/3 of your daily calories for breakfast, when your appetite may be better.

Try to eat 6 small meals or snacks throughout the day, rather than 3 large meals/day.

Make a schedule for eating and follow it like a prescription, even if you are not hungry.

Drink Ensure, Boost, Carnation Instant Breakfast, Resource, or Breeze supplements – do not replace regular meals with these products. Use these supplements as snacks between regular meals or at bedtime.

Access Internet to purchase Resource and Breeze (i.e www.NestleNutritionStore.com)

Another option may be to add 1/3 cup dried skim milk powder to soups, cream sauces, milk shakes.

Encourage, high caloric desserts!

Add butter, sour cream, gravy, sauces, peanut butter, whipped cream, etc to foods.

Target high protein, high calorie foods (cheese, eggs, yogurt, peanut butter and crackers, nuts).

AVOID hot foods as the odor from hot foods may decrease your appetite.

Do light exercise (walking in home or outdoors before meals) to increase appetite.

Take prescribed medications to eliminate possible causes of loss of appetite:

- Chemotherapy-induced gastritis
- Nausea
- Constipation
- Diarrhea
- Mouth soreness

WHEN TO CALL:

Please DO NOT self-diagnose new or continued symptoms.

Call at any time for specific instructions regarding symptom management.

Please call EARLY in the day if you are not well, so that an office visit may be scheduled.