

# **St. Joseph's Offers Free Nutrition Education for Valley Residents with Cancer**

**The Comprehensive Cancer Center at St. Joseph's Hospital and Medical Center is offering outpatient nutrition education for Valley residents with cancer. Participation in the program is free and a physician referral is not required.**

Patients interested in this service will meet privately with an outpatient oncology dietitian at

St. Joseph's to develop a nutritional plan based on their form of cancer, dietary habits and treatment plan. The dietitian offers patients information about weight management and helps them maintain good nutrition during their cancer treatment.

Proper nutrition is vital for cancer patients as they undergo treatment. Eating well and following dietary regulations helps prevent the body from breaking down and increases energy levels.

"Following a good nutrition plan is an important element to help patients get through their cancer treatments successfully," says Stephanie Higley, outpatient oncology dietitian at St. Joseph's. "The oncology nutrition program at St. Joseph's helps patients follow a dietary plan that's specifically designed for them."

To schedule a nutrition consultation at St. Joseph's Comprehensive Cancer Center, call 602-406-6621.