



look good **feel better**

# MANUAL

## For Men



*Facing Cancer with Confidence*

# An introduction to Look Good Feel Better

Look Good Feel Better is a charity, set up 30 years ago in the USA and now working in over 25 countries. It was initially created to help women cope with some of the visible side effects of cancer treatment through skincare and make-up workshops.

For several years, Look Good Feel Better UK has wanted to offer some support to men. So in 2017/18 we decided to talk to men's support groups, male specific cancer organisations and medical experts in many of the 100+ centres we already work with. Our main aim was to find out if there was anything we could provide that wasn't already available.













The results of our discussions with men across a wide age range, different cancers and prognoses surprised us. We were told there was a need for three key things: a booklet of detailed information, online tutorials and face-to-face group support. In 2017 we trialled our first 'Skin Fitness' Workshops and these are now rolling out to many support centres across the country. We have online tutorials which are available on our website and we will create more on an ongoing basis.

Finally, the booklet has developed into this 'Look Good Feel Better Manual for Men' and includes detailed advice on skincare, shaving, grooming, suncare, fitness, nutrition, oral care and body image.

We would like to thank Ali Prentice (Nutritionist), Anna Shaw (Stylist), Cancer United, Chris Foster (British Barbers' Association), Oral Health Foundation and Paul Herrington (Skincare) for their invaluable expertise, support and input in providing detailed advice and information, which we hope you will find helpful.

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If you are under medical supervision, it is important that you discuss any side effects of your treatment and take medical advice before making any life style changes discussed in this booklet. Your doctor must resolve any questions you have about which products are appropriate for use during your therapy. Look Good Feel Better make no representations, express or implied warranties or endorsements regarding the products or procedures mentioned in this booklet and can accept no liability or responsibility for any injury, loss or damage, whether consequential or otherwise, suffered as a result of the advice given herein.










## How Cancer Can Affect Your Appearance

While nothing is set in stone, cancer and its related treatments can affect your appearance in a number of different ways. How, where and to what extent you may notice these changes is completely dependent on your individual treatment, medication and how your body reacts.



You can speak to your medical professionals about what changes you may expect, but in truth, no two people will react the same way. That being said, we've listed some of the more common effects of cancer treatments below:

-  Hair thinning or hair loss (including eyebrows, eyelashes & body hair)
-  Skin dryness, itchiness, irritation
-  Changes in skin colouration
-  Increased likelihood of sun sensitivity
-  Dark circles or puffiness under the eyes
-  Discolouration, altered growth or texture of the nails
-  Weight gain or loss

While this list is quite expansive and understandably distressing for most, it is important to note that you're by no means guaranteed to experience them all and, more importantly, they are usually temporary.

In this manual we'll go through some of the steps you can take to minimise discomfort and keep yourself feeling and looking as strong as you can during treatment.



## Skincare

Whether you're someone who knows his way around a grooming routine, someone who's never laid hands on a moisturiser in their life or somewhere in between - preparing and caring for your skin during treatment can make a world of difference to how you look and how you feel.



In this section, we'll run through a number of different products that'll keep your skin healthy and fit and walk you through an effective daily routine, including shaving. We'll also provide you with a host of informative tips on what you could be considering at this time.

### Useful Skincare Products:

**Cleanser:** You should be using a cleanser twice daily to avoid any build up of dirt and grime which can lead to infection. Always opt for something that's gentle on the skin to avoid irritation.

**Exfoliator:** To get a deeper clean, use a gentle exfoliator once or twice a week. This will help to remove dead skin cells, prevent black heads, reduce ingrowing hairs and leave the skin looking smoother, clearer and brighter.

**Moisturiser:** Moisturiser should be looked at as the must-have ingredient to your skincare routine. Hands down, it's the most straightforward and effective way to keep your skin in top shape.

While most men generally have oilier skin than women, treatment can have an effect on this so staying hydrated (both inside and out!) is fundamental.

**Sunscreen:** An absolute must-have. One of the most prevalent side-effects of treatment will be sun sensitivity so wearing a daily sun protection (SPF30+) is essential.

**Hand Cream:** Hydration is, again, a key element in maintaining your skin during this time. Keep a hand cream by every basin or sink to avoid post-washing dryness.

**Body Cream/Lotion:** You've probably seen this one coming, but a bottle of body moisturiser will more than earn its place in your routine while undergoing treatment. As always, dryness, irritation and possible skin cracking are all things you want to avoid so laying on the lotion is more than worth the effort.

Certain body creams / lotions are available on prescription whilst undergoing treatment - check with your cancer team.

Another factor to consider is that you may experience itching during treatment for a variety of different reasons. Keeping a suitable remedy around can make things much more manageable - this can vary from antihistamines to other alternatives depending on the cause.

**Lip Balm:** Your lips, just like any other part of your body, may experience dryness during treatment. Keep things natural with a simple, hypo-allergenic lip balm with an SPF to keep you moisturised and prevent burning during the day.

**Tinted Moisturiser/Concealer:** Now, we're fully aware that this isn't for everyone, but if it works for you - why not? Utilising coverage products to smooth out any irritated skin is more common than you'd think and can make a world of difference to your confidence.



#### TOP TIPS:

**Always look for** fragrance free hypo-allergenic products when picking up your grooming essentials as treatment can make even the most robust of skin a little more sensitive.

**Avoid using anything harsh** on skin during your treatment. This includes any abrasive scrubs or exfoliators alongside ingredients like AHA, acids or retinol.

## Your Skin Fitness Routine:

Ok, so you've got an idea what kind of products you could be using, what to look out for in terms of ingredients and what you need to be avoiding. Now you're left wondering how to go about implementing this?

We've put together a straightforward list of quick skin maintenance steps that'll assist you in keeping your skin looking and feeling the best it can.

1. With your face, start by rinsing with lukewarm water before applying a small amount of cleanser and gently rubbing in circular motions across your skin. Once you've worked your entire face, rinse thoroughly and ensure you've removed all product.
2. Once or twice a week exfoliate your face using a gentle exfoliating product. Don't rub too hard and apply and take off just like the cleanser stage.
3. If shaving – shave now. (See Shaving section for a more detailed shaving experience.)
4. Once your face is relatively dry, apply your moisturiser all over and don't miss your ears or the back of your neck.
5. Whether you have showered or not, it's really important to apply an all over body lotion to prevent dryness and irritation.
6. Now that your skin is moisturised, follow by applying a sunscreen to your face alongside any exposed areas of your body including your ears, back of the neck, top of your head, etc. Reapply throughout the day.
7. Finishing up, you may wish to apply some lip care to avoid dryness or even a spot of tinted moisturiser/ concealer on particularly blemished or uneven areas.



#### TOP TIPS:

**While there is no need** to shower every single day, when you do, keeping things to a minimum is key. Maintain a cool/warm temperature to avoid irritation, use a gentle cleansing wash and avoid any harsh loofahs or scrubs.

**While many recommend** avoiding baths altogether, this all depends on your skin's reaction to treatment. Our advice? Keep baths short, moisturise directly after and consider soaking some oatmeal in a muslin bag before hopping in as this will hydrate and nourish the skin.

Watch our online tutorial [www.lookgoodfeelbetter.co.uk/men](http://www.lookgoodfeelbetter.co.uk/men) to see some great results.





# Shaving

As with all the physical side effects you may experience, the likelihood of losing your facial hair is down to your treatment and, of course, your body's reaction to that treatment.

During treatment your skin will be more susceptible to cuts, bruising, infections and excess bleeding, therefore it is important you take a look at your shaving routine.

Some people prefer to try an electric shaver during treatment and others stick with a wet shave – it's really your choice but ask your cancer team's advice.

## An ideal routine:

1. Shower before shaving or apply a hot towel/face cloth. This warms the skin, opening the pores and softening the hair cuticles.
2. Apply your chosen sensitive skin shaving gel or foam, ideally using a shaving brush and make sure you generate a warm, rich protective lather.



*(Using a shaving brush softens and lifts the facial hair off the face helping to maintain good levels of hydration and lubrication).*

Alternatively, try a shave oil which provides extra protection between the sharpness of the blade and your skin. Massage it in well to stimulate blood flow and lift facial hair off the face.

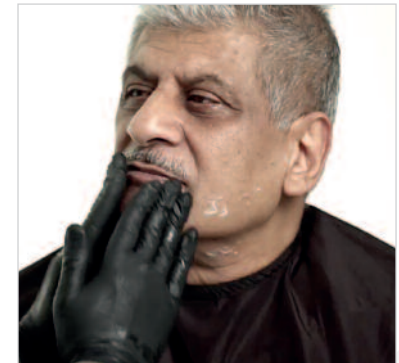


3. Use light, gentle strokes, letting your razor do the work.

Facial hair grows in many directions so you'll shave both with and against the grain. Shave in the direction that feels most comfortable.



4. Rinse your blades often and remember, don't shave without your shaving cream/gel/oil or over-shave the same spot, as this can cause irritation.
5. Rinse with cold water, this will remove shaving cream residue, tighten pores and cool the skin.
6. Moisturise the whole face and neck area with a mild moisturiser.



### TOP TIPS:

- Use a good quality razor, not disposable. Replace blades regularly.
- Don't borrow or share your razor.

*Watch our online tutorial [www.lookgoodfeelbetter.co.uk/men](http://www.lookgoodfeelbetter.co.uk/men) – you may learn something.*








## Hair Loss

Hair loss for men can be as distressing as it is for women, especially for men who have always had a full head of hair. Although it is currently a style statement for some men to have shaved heads, this may not be your personal preference. Hair loss may or may not happen depending on your specific cancer treatment, but it is good to be prepared.



### Here are a couple of ways to help manage hair loss as a result of your treatment.

-  Always comb hair gently and use a mild shampoo.
-  As hair starts to thin, consider cutting it short or even having it neatly clipped to the scalp by a professional stylist. This can offset concerns about patchy hair loss. However, medical professionals caution against shaving the scalp with a razor, which can cause hard-to-heal cuts that may result in infection when blood counts are low.
-  There are many hat and cap styles today for sports, sun, cold, rain, wind or style, so it's easy to find something you like to cover and protect your head.
-  If hair loss really bothers you, there are special hair pieces for hair loss caused by medical conditions that can conceal bald spots. As hair starts to grow back, these can be phased out.
-  Try a wig - those designed for men may require some styling and can be cut to give a natural look. Speak to a professional wig specialist who will be able to advise.



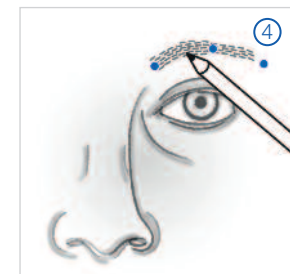
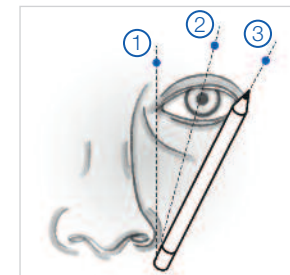
## Eyebrows

Loss of eyebrows can be upsetting for both men and women, although maybe women are more readily equipped to deal with this than us men. That being said, there are just as many options available to men so there's no need to resign yourself to going without brows unless you want to.

An easy way to disguise any loss of hair is with the simple use of an eyebrow pencil. Now, we're not suggesting you sit down for your very own Picasso moment and create some elaborate new design - a simple few strokes should do the trick.

### Here's a clever way to recreate your eyebrows (see diagram below)

1. Hold a pencil vertically along the outside of your nostril and inner corner of your eye. Make a dot above your eye at this line, right on the brow bone. This is the inner edge of your brow.
2. Hold the pencil vertically across your iris (the coloured part of your eye) and again make a dot above the eye, just above or on the brow bone. This is where your natural arch occurs.
3. Hold your pencil at an angle beginning at the outside edge of your nostril, lined up with the outside edge of the eye. This is where your brow should end. Draw another dot.
4. Connect these dots with a series of gentle, arching, feathery strokes to mimic the look of hair. Concentrate on fullness closer to the inner edge, thinning as you go outwards.



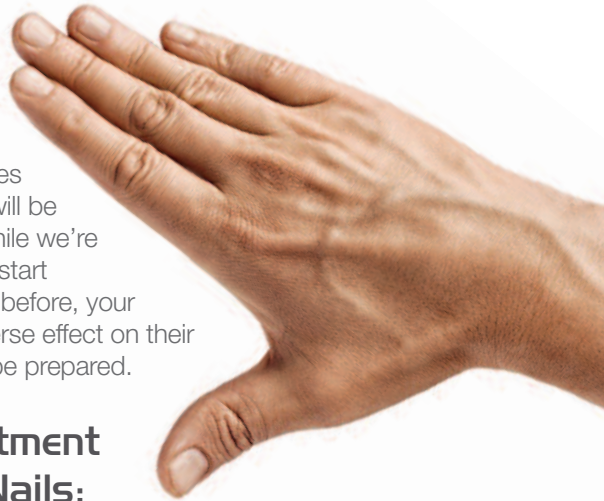
Another option to consider, particularly suited to men who wear glasses, is to opt for a thicker framed pair that'll give the illusion of a fuller brow.

Watch our tutorials at [www.lookgoodfeelbetter.co.uk/men](http://www.lookgoodfeelbetter.co.uk/men) for a full demonstration on how to draw your eyebrow.



## Nails

Men don't exactly have the best reputation when it comes to nail care so it's likely this will be new information to most. While we're not saying there's a need to start preening your nails as never before, your treatment may have an adverse effect on their appearance so it's good to be prepared.



### How Cancer Treatment Can Affect Your Nails:

- You may notice lines or indentations on your nails at different cycles/stages of your treatment - this is temporary and will eventually grow out.
- The skin, or cuticles, around the nail may fray or peel.
- Discolouration or pigmentation may occur.
- Nails can lose some of their strength, becoming more brittle and prone to breaking.
- Nails may lift and become detached from the nail bed.

#### What You Can Do:

- Keep your nails short and rounded by using a file after cutting.
- Should your nail begin to lift from the bed, ensure you're practising good hand hygiene to prevent any infections.
- If your cuticles/skin around the nails begins to fray, cut it off very carefully using sharp scissors - don't peel.
- Consider using gloves if doing household jobs that may result in infection.
- As mentioned before, use a hand cream to keep your hands moisturised and prevent any avoidable peeling or irritation.



## Oral Health

(advice provided by Oral Health Foundation)

Your oral health is not the first thing on your mind as you go through treatment, but your mouth can be greatly affected by chemotherapy and radiotherapy. It is estimated that four in ten patients receiving cancer treatment will have oral health problems during or after their treatment so being prepared and taking steps to reduce any discomfort is really worth your time and consideration.



For head and neck cancer patients, this figure is even higher and nearly all patients will have an oral complication. While complications may seem unavoidable, there's a lot you can do to prevent or reduce their severity.

### What to Look Out For:

#### Gum Inflammation:

Due to changes in your body caused by treatment, any existing gum inflammation may get worse and you may experience some bleeding when brushing or flossing and even when you eat. Check with your dentist or cancer team if you feel that the bleeding is becoming unusually heavy.

Even if you do experience this, it's important that you don't stop cleaning your mouth to reduce further problems. Often cleaning extra carefully will help minimise the problem.

#### Dry Mouth:

One of the most frequent side effects of cancer treatment is a dry mouth. You can use artificial saliva products, sugarless lozenges and sugar-free gum for relief. Frequently sipping water also moistens your mouth and helps quench your thirst.

Without the normal amount of saliva to neutralise the acids in your mouth, you can be more susceptible to tooth decay. Your dentist may recommend a prescription strength fluoride rinse or special toothpaste to give you further protection against cavities.





## Body Image by Anna Shaw

### Fungal Infections:

It's not unusual to develop a fungal infection as a result of the treatment and the drugs you may be taking. These treatments tend to upset the bacterial balance in your mouth, making a fungal infection possible. If you have a burning sensation in your mouth or changes in taste or discomfort when wearing dentures, call your dental team, they will be able to advise you.




### Oral Mucositis:

If the lining of your mouth becomes red and inflamed, you may have what is called oral mucositis. This complication makes eating uncomfortable and your mouth can become infected more easily.

To avoid this, stay away from alcohol and tobacco products and watch the foods you eat; avoid spicy or acidic foods and hot foods or drinks, as well as 'hard' foods that could irritate or cut your gums or the lining of your mouth.

Some people find that cooling the mouth during chemotherapy with ice can help prevent mucositis.

### What You Can Do:

-  Your cancer team may advise you to visit your dental team before chemotherapy or radiotherapy to ensure your mouth is as healthy as possible. We would advise you to do so, even if they do not suggest it.
-  Keep up a particularly good oral hygiene regime during treatment, brushing morning and last thing at night with a mild tasting fluoride toothpaste and cleaning in between your teeth with interdental brushes or flossing daily.
-  Using an alcohol-free mouthwash can further help control bacteria, preventing infections. However, it's important to avoid mouthwashes with alcohol as these can make any sore mouth problems worse.

Cancer treatment side effects vary from person to person. You may find that some of your side effects are just minor annoyances, while others are more serious. But good oral health care before, during and after cancer therapy will lessen complications and could improve your quality of life as well as the appearance of your teeth and gums.



If you have experienced a change in your body shape, including weight gain or loss, bloating or the growth of breast tissue, you may find that your clothes no longer fit properly and you are struggling with how to dress your new body shape. This will most likely have affected your confidence and you may find that any interest you had in your appearance and what you wear has dramatically reduced.

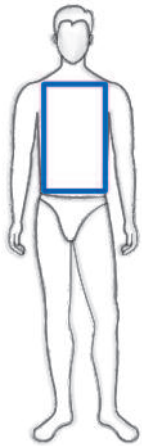
We have a few simple tips to share that will help you to identify your body type, how to dress to disguise the areas you are conscious of and the styles of clothing that best suit your shape. This will make choosing clothes much easier and help you to take control of the way you look. Making even the smallest amount of effort will give you a genuine boost and help you to feel good about yourself, from the outside in.

If your treatment has resulted in weight gain, try wearing a compression vest that is a comfortable fit and not too tight. This will streamline your breast tissue and stomach and provide a supportive base layer to your outfit. Lots of athletic brands offer these vests and they really do work – see our tutorial [www.lookgoodfeelbetter.co.uk/men](http://www.lookgoodfeelbetter.co.uk/men)



## How to Dress for Your Body Type

There are five main body types and if you follow our checklist for each you will be able to establish which shape you are and how to dress to look your best:



### Rectangle

Your shoulders are as wide as your waist and hips.






You're often tall and thin with no distinguishable waist.

You may be conscious of weight loss.

The goal is to emphasise your shoulders whilst narrowing your lower body to give the impression of a more trapezoid-like shape.



### What to Wear:

-  Wear tops with texture, colour, prints, horizontal stripes and detailing across the chest and shoulders as they will add the appearance of width to your upper body.
-  Layered looks are great for your shape as they add bulk to your frame, including open shirts with t-shirts, cardigans with patterned tops and v-necks with shirts.
-  Accessories like scarves, ties and pocket squares are a good way of adding detail to your upper body.
-  Slim fit trousers and jeans look great on you and anything with a tapered leg. Avoid wearing skinny bottoms with fitted tops, as they will accentuate your slim build.
-  Thick single-breasted blazers with lots of structure in the shoulders look great on you. Avoid double-breasted jackets as their rectangular shape will make you look taller and thinner.



### Triangle







Your shoulders and chest are narrower than your waist and hips, making you appear larger on the lower half of your body.

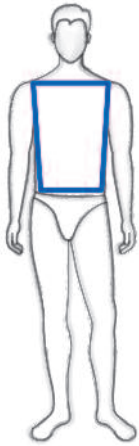
You may also have the appearance of sloping shoulders.

The goal is to create a body balance and the appearance of broader, squarer shoulders and a slimmer lower torso.



### What to Wear:

-  Vertical stripes and pinstripes are a great way of streamlining your body and slimming down your mid-section.
-  Brighter colour panels and detailing across the chest and shoulders with a darker lower section are a great way of adding width to your upper body and narrowing your waist. Avoid wearing bright block colours as they draw too much attention to your stomach.
-  Structured jackets will counteract sloping shoulders and add width to your upper torso. Shoulder pads are an excellent way of adding breadth and squaring off your frame. You can buy these online with velcro so that they can be fitted inside all of your clothes.
-  Patterned, checked or herringbone single-breasted jackets teamed with plain tops and shirts will help create a slim-line shape and draw the eye away from your mid-section. Team with a waistcoat or v-neck as an extra way of disguising your stomach.
-  Streamline your lower half by wearing darker trousers, preferably straight, wide or slightly tapered. These will flatter your legs without making them appear narrow or shapeless. Avoid trousers that are too fitted as they will make your mid-section look bigger.
-  If you are wearing a colostomy bag, a comfortably fitted cotton vest will help add a layer of support to your outfit and streamline the silhouette of your clothes.



### Trapezoid

You have broad shoulders and chest with relatively narrow hips and waist.

You often have an athletic physique.

Since the upper and lower body is balanced, your shape is the easiest to dress.



#### What to Wear:

-  Showcase features like broad shoulders with slim fitting tops, v-necks and rolled up sleeves.
-  Experiment with styles, cuts, colours and trends as you have the figure to show them off!
-  Don't wear clothes that hide your shape but equally don't add excess bulk with too much layering or detailing on your top half.
-  Go for tapered or slim fit trousers or jeans but avoid wearing an outfit that is too slim fitting all over.



*A compression vest.*



### Oval

Your body shape appears round, particularly in the stomach area.

This often results in narrower shoulders and slimmer lower legs.

You are generally conscious of weight gain.





You may have experienced swelling across the upper torso or developed breast tissue that you wish to disguise. This can often cause you to stoop your shoulders.

You may have a colostomy bag that you feel adds width to your stomach.

The goal is to balance out your body by slimming down your stomach area, lengthening your torso and adding width to your shoulders and legs.



#### What to Wear:

-  Try wearing a compression vest that is a comfortable fit and not too tight. This will streamline your breast tissue and stomach and provide a supportive base layer to your outfit. Lots of athletic brands offer these vests.
-  Opt for darker colours like black, navy and grey to create the impression of a longer, slimmer frame and minimise the colour contrast between your upper and lower body. White, light or bright colours worn on your top half will draw too much attention to the area you're conscious of.
-  Avoid wearing clothes that are too big for you. This is a common mistake and will make you appear larger than you are. Equally, clothing that is too tight will make you look like you carry more weight than you do.
-  Shirts are an excellent choice for you because their structured fabric and fit are very supportive. Wear them open at the neck and untucked (unless with a suit).

Wear tops and shirts with small, detailed and textured patterns as they act as a kind of camouflage that focuses the eye in and away from the areas you would like to conceal. Vertical patterns like pinstripes and herringbone are also very slimming.

Dark, single-breasted jackets with only a slight taper are ideal. They are naturally slimming because of their fabric and structure. Never wear a jacket that crops you off at the waist as it will add width to your mid-section.

Wearing shoulder pads will balance your upper body and naturally make you look slimmer. They also encourage you to practise good posture.

Your trouser waist should always be comfortably loose and never pinching. Straight, wide or slightly tapered trousers will help even out your body balance.

Avoid statement belts that draw attention to your waist and can be very uncomfortable to wear if they have buckles that press into your stomach. Instead choose simple and flush fitting belts and use accessories that cleverly draw the eye up and out, including watches, a wider tie, a spread collar and broader lapels.



### Inverted Triangle

You have a broad chest and significantly wider shoulders than your hips and waist.

You may be conscious of swelling or breast tissue across your upper torso.

You may also be conscious of weight loss around your stomach and hips.

The goal here is to address the imbalance between your upper and lower body by adding bulk to your midriff and lower body and slimming down your upper torso slightly.

### What to Wear:

- If you are conscious of breast tissue, try wearing a compression vest or a supportive sports vest. It should be a comfortable fit and not too tight - it will streamline your chest and add a layer of support to your outfit.
- Wear horizontal and Breton striped tops, especially those with stripes across the stomach rather than the chest, as they are an excellent way of adding width to your narrower waist and hips.
- Choose v-neck t-shirts and jumpers as they draw the eye away from the widest part of your body and narrow your chest slightly.
- Wear straight leg trousers and jeans. Avoid anything too skinny.
- Experiment with brightly coloured, patterned and detailed trousers which will draw attention away from your upper body and add width to your legs. Add a belt for detail and bulk around your hips.
- Opt for unstructured double-breasted jackets as they will widen your torso in proportion with your shoulders. A-line jackets are also an excellent option and always avoid shoulder pads and wide lapels.



## Your Treatment Wardrobe Essentials

When you're going through treatment it's essential that you feel comfortable. It's also important to try and feel good about yourself and one way of achieving that is by making an effort with your appearance. Rather than throwing on some old clothes, why not give it some thought and put together an outfit that is stylish, practical and a reflection of your personality. It will give your self-esteem a real boost to know you look good and allow you to take ownership of your body at a particularly challenging time.



### Here are our treatment wardrobe essentials:

- Wear multiple layers on your upper body. This will give you clothing options if you get hot or cold. It will add bulk to your physique if you are experiencing weight loss or disguise bloating by adding loose outer layers that draw the eye away from your problem areas.
- Start your layered look with a t-shirt or a ¾ length sleeve top so your medical team have easy access to your arms and then dress it up with a shirt or cardigan and a stylish jacket to complete the outfit.
- Choose a coat that is fairly loose and fluid rather than one that is too structured or rigid as you need to feel comfortable and the jacket could double up as a blanket if needed.
- If you are experiencing weight loss, go for a bold colour or pattern or horizontal striped top as this will add detail and the impression of width to your body.
- If you are experiencing bloating and weight gain, go for darker colours with small and condensed patterns that will draw the eye away from your stomach and chest.

- Accessories add extra personality to your outfit, including scarves that double up for warmth and sunglasses that are both stylish and practical if you experience photosensitivity following treatment.
- Opt for comfortable trousers, like jogging bottoms. Choose ones that have more shape to them, like tapered or harem-style joggers. They can be comfortable, warm and look fantastic.
- Always remember to wear comfortable socks for warmth but choose ones that are colourful, fun and patterned.
- For comfort and ease, trainers are a great option but instead of wearing your old trainers, try some stylish fashion trainers that look smart but are also extremely comfortable.
- A knitted or 'beanie' hat is a great statement piece. If you have lost or are losing your hair you will be conscious of your new appearance, so investing in a stylish and practical hat will make you feel more confident.



Watch our tutorial [www.lookgoodfeelbetter.co.uk/men](http://www.lookgoodfeelbetter.co.uk/men) on how to dress for style and comfort.








# Nutrition by Ali Prentice

This section shares broad-based nutrition guidance only. All hospitals have expert dieticians who can give more tailored advice to suit your personal situation.

We know getting the right nutrition can boost general health and how we feel and look. If you are living with cancer this is even more relevant. Taking more care about what you eat and drink can be empowering.

In general, giving your body the range of nutrients it needs supports numerous health benefits, including:

-  Increased energy levels
-  Stronger immune system
-  Improved appearance of skin, hair and nails
-  Better digestive health
-  Improved brain function and mood

Shifting just a few eating habits can make a big difference – and any change starts with a single step. This section shares a range of practical ideas on how you can improve your daily diet and lifestyle.

We all need three food groups – carbohydrates, protein and fat – but what types are the best choices?

## I. Carbohydrates

In a nutshell, carbohydrates give us energy. Broadly they come in two forms:

-  **Simple carbs** – such as sugar, white bread, pasta and white rice have been processed which strips out natural nutrients
-  **Complex carbs** – these include whole foods like brown bread and rice, oats and root vegetables. These unrefined foods contain much higher levels of key vitamins, minerals, plant phyto-nutrients – and health-boosting fibre.



### TOP TIPS:

The World Health Organisation recommends we stick to just six teaspoons, or 24g of sugar daily. Check food labels and you will be shocked to see just how much 'of which sugars' makes up many staples, including pasta sauces, so called healthy energy bars and breakfast cereals. Try to become sugar savvy.

**Simple carbs** are digested easily, raise blood glucose levels and release energy quickly. But eating too many simple carbs releases more energy than the body needs and the excess is stored as fat. This cycle can lead to weight gain.

To keep energy levels on an even keel we should limit simple carbs, especially sugar.

**Complex carbs** provide slow release energy, an especially helpful feature in a snack (see Healthy Swaps).

**Avoid** adding extra sugar to food and drinks – this includes honey, syrups and jam. Also avoid sugary snacks and drinks such as biscuits, cakes, sweets, chocolate, colas and energy sodas. Try to re-train your sweet tooth!

**Best Carb Sources:** Wholemeal and seeded bread, brown rice, wholewheat pasta, quinoa, oats, root vegetables like sweet potato, carrots, beetroot and parsnips – and beans and pulses.

## 2. Protein

Protein is needed for growth and tissue repair, so getting enough is important during any stage of life but particularly during illness and healing.

Protein is made up of building blocks called amino acids. As well as building and maintaining muscles they are used to make hormones, antibodies and blood – and to build collagen which strengthens skin, bones, hair and nails.

Smoothies made with protein powders, from whey or pea, are a simple way to boost protein intake, particularly if eating solids is difficult, or appetite is low. Look for products with the least chemical additives and sweeteners.



**Avoid** eating chemical-laden preserved, cured and smoked meats like ham, bacon, salami, chorizo and prosciutto more than a few times a week. **Limit** your intake of red meats like beef and lamb; three portions weekly should be enough.

**Best Protein Sources** from animals are chicken, turkey, fish, eggs and lean red meats like venison. Lentils, beans, chickpeas, soya beans, nuts and seeds are great sources of plant-based protein

### 3. Fat

We all need healthy fats for our body and brain to function properly. Research shows unsaturated oils from plant sources and anti-inflammatory Omega 3 fats are linked to lower health risks.

**Avoid** the trans fats added to cakes, biscuits and baked goods – they are listed as ‘hydrogenated’ on food labels.

**Moderate** your intake of the saturated fats found in fatty animal meats and full fat dairy foods.

**Best Fat Sources:** Cold pressed olive and rapeseed oil, fresh nuts, seeds, pure nut butters, avocados and oily fish like salmon, mackerel, trout, sardines, pilchards and anchovies.



### Your Perfect Plate

What is the content of your regular dinner plate? Is it mainly carbs, rich in fatty foods, heavy with processed or red meats, or piled with plant-based food?

Now let's get visual. Does your plate look mainly white, beige and brown? If you answered yes, you need to add in lots of colourful plant-based foods.

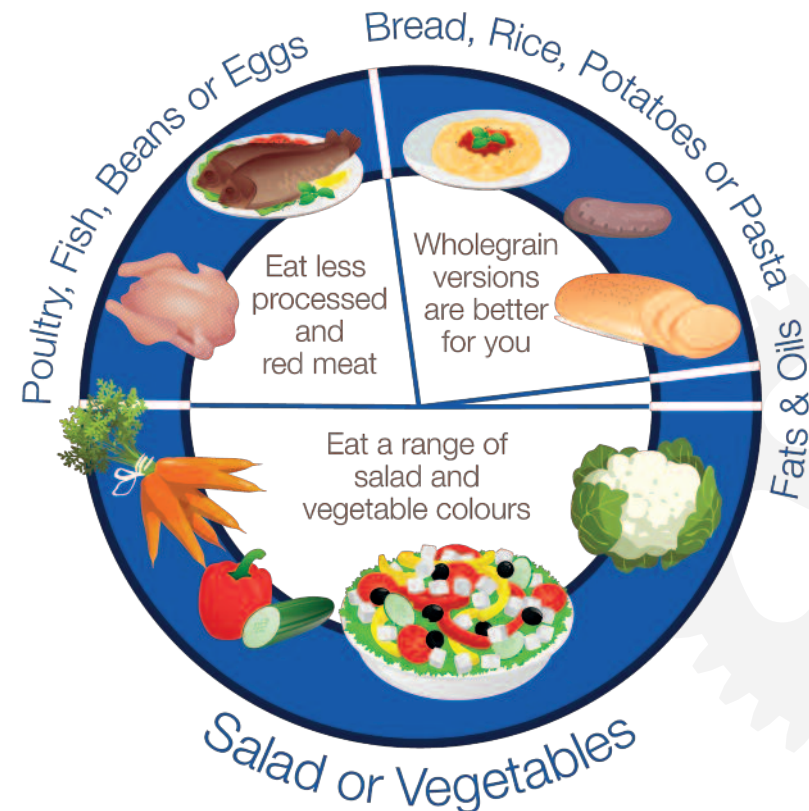
This is the ideal healthy plate formula:

- ⚙️ Half filled with green and other brightly coloured vegetables – the more colours the better
- ⚙️ A quarter filled with complex carbs
- ⚙️ Around a quarter good quality protein
- ⚙️ Cooked or dressed in a small amount of healthy fat

By following these healthy plate principles you can build tasty, satisfying and super healthy plates of food.

Think about what you normally eat and decide which daily meal you could most easily tweak. Then make a couple of healthy switches every day – they will soon become new habits you won't even think about.

Here are a few swap ideas to get you going, but feel free to activate your own!





Switch from:	To:
White rice, bread or pasta	Brown rice or bread or wholewheat pasta
High carb breakfast (toast and jam, sugary cereal, bagels, muffins, sweet pastries)	Protein rich options – boiled, poached or scrambled eggs; plain yogurt with berries; porridge sprinkled with pumpkin seeds
Sausages, bacon or ham	Turkey escalope, or tofu slices, spiced with paprika
Pie and chips	Chicken casserole with baked sweet potato wedges, green beans and peas
Pizza	Wholemeal pitta bread topped with roasted Mediterranean veg, goat's cheese and a drizzle of olive oil
Mac 'n Cheese	Broccoli and cauliflower mixed with wholewheat pasta with tomato sauce, sprinkled with feta cheese and walnuts
Crisps or salted peanuts	Olives or hummus and oatcake
Sugary snacks	Handful each of fresh nuts and blueberries; Hummus and carrot sticks; or a spoonful of unsweetened peanut butter with sliced apple
Lemonade, cola or energy drink	Water infused with fresh lemon or cucumber

## Eating the Rainbow!



All fruit and vegetables (except potatoes) count towards our five-a-day quota. Reaching this target is not as hard as you may think. Just take eight broccoli florets, three heaped tablespoons of both carrots and kidney beans, half a red pepper – plus one medium apple. Done!

Once you have cracked 5-a-day bring in more portions, colours, fibre and the phyto-nutrients which give plants their colour, flavour and odour. These protect the plant from damage – and confer valuable health benefits to us.



### TOP TIPS:

**Pile your plate with plant-based foods** – and eat a varied rainbow. Aim to eat your '5-a-day' – or more.

**Fuel yourself with complex carbs** from wholegrains and starchy veg in preference to fast-burning, sugary foods and simple white carbs.

To help your body function well eat a healthy form of **protein at every meal and snack**, bringing in vegetarian proteins like eggs, nuts, seeds, beans and pulses.

**Include healthy fats each day**, including Omega 3's from oily fish, walnuts and pumpkin, chia and flax seeds.

**Keep well hydrated.** Carry water with you to top up during the day and minimise your alcohol intake.

**Sleep matters.** Aim for a regular routine of around eight hours sleep a night. Turn in well before midnight and avoid using tech devices before bed.



# Fitness

(advice provided by Cancer United)

Fitness - a joy for some, a nuisance for others. If there's one thing we can all agree on, however, it's that there are countless benefits to keeping your body in shape so it's really something that is worth your attention.

It is now clear that physical activity plays a vital role in cancer prevention, management and recovery. There is strong evidence that exercise is safe during and after cancer treatment and has improved the physical and psychological health and quality of life of several cancer survivor groups.

## Benefits of Physical Activity During Treatment:

Keeping active can maintain or improve physical function and psychological well-being and reduce the negative impact of several cancer-related side effects. Some studies show regular physical activity may also reduce the risk of cancer recurrence and increase survival.

The available evidence shows that the most active breast, colorectal and prostate cancer patients have a 37% reduction in risk of cancer-specific mortality compared to the least active patients.

During treatment, exercise has been shown to improve physical function and reduce fatigue, or prevent the decline in functional fitness without increasing fatigue. It can also achieve positive effects on psychological well-being, reducing depression and increasing quality of life.



Exercise helps to preserve bone mineral density which is important for those at increased risk of osteoporosis, particularly men with prostate cancer on hormone deprivation therapy.

Cancer survivors are at increased risk of developing other chronic diseases such as cardiovascular disease. Physical activity can mitigate this increased risk by moderating cardiovascular disease risk factors such as obesity, hypertension and insulin resistance, reducing inflammation and strengthening immune function.



## How to Exercise Safely While Living With Cancer:

Every cancer patient is different. Even those of a similar age and gender and with the same cancer type can be affected differently by cancer treatments.

As such there are no hard and fast rules in relation to how much or how little exercise you may be able to do. You should only exercise following medical advice no less than 6 to 8 weeks post surgery.

While the guidelines below are general - as with most advice in this manual - it's very important that you speak to your own medical professionals as advice may differ slightly from one patient to another.

The Department of Health recommends a weekly allocation of 150 minutes of moderate intensity activity or 75 minutes of more vigorous intensity activity with an additional two days dedicated to strength training.

Exercise when you are able, don't push yourself too hard. Listen to your body and rest when you need to.

Many of the medications prescribed for cancer survivors come with side effects which can impact your joints, respiratory system and general feelings of well being. It is essential that the right exercise prescription is achieved with a professional to ensure you exercise safely.

Take each day as it comes - some days you will feel better than others.

If you join a special exercise class, ensure the instructors are cancer trained and qualified.



## Tips For Staying Motivated:

We can all struggle with motivation at the best of times, particularly when it comes to getting off the sofa and onto our feet to exercise. Here are a few pointers on staying motivated and keeping up the healthy habits.

Start to create a healthy behaviour so that it becomes a habit.

Get a friend to join an activity with you so it becomes a social occasion.

Set an activity goal for yourself every week.

Join in with something you will enjoy – swimming, dancing, walking, bowling, or a special exercise class for those who have had the same cancer experience as you.

Book and pay for a block of sessions and put the dates in your diary which will motivate you to attend.

As your fitness and health improves so will it become habit forming which will enable you to start to live a healthier life.

## Summary: Exercise During Treatment

In summary, there is increasing evidence that regular exercise is associated with reduced risk of side effects after cancer, lower recurrence of cancer and better survival. The underlying mechanisms of the potential anti-cancer effects of exercise are not yet well understood, but are thought to include:

- Regulation of cell growth, e.g. via insulin-like growth factor
- Gene expression of proteins involved in DNA damage repair
- Decreased levels of hormones, e.g. oestrogen, insulin, leptin
- Modulation of immunity.

Whatever the prognosis, cancer patients may gain significant benefits from remaining physically active. The benefits include maintenance of fitness, functional ability and independence, enhanced emotional well-being and reduced symptoms of side effects such as fatigue, breathlessness and weight loss, thereby attenuating the decline in quality of life.

### TOP TIPS:

**Start slowly and listen to your body.** If possible work with a cancer trained instructor who can advise you and create a programme that is safe and effective.

**Even if you can only do a few minutes each day it will help you.** Include exercises that use bigger muscle groups like thighs, chest, back and abdominals. Strength and flexibility is also important. Include exercises that will keep lean muscle mass and bone strength using resistance bands and light weights.

**Everyone's exercise knowledge and ability is different.** When you're about to go through your cancer journey the fitter you are and can remain, the better. If you are someone who exercises already then keep going! If you have not exercised before, start slowly, doing a little and often is better than doing nothing.

**Although there are specific risks for some cancer patients when they exercise,** there is consistent evidence that exercise during and after treatment is safe and that adverse events are rare, mild, and mainly musculoskeletal injuries, and similar to the events that occur in people without cancer.

***In essence, listen to your body and enjoy whatever exercise suits you.***





## Useful Contacts

On this page, you will find details of organisations that you may find useful. Your treatment team may also be able to direct you to other sources of help and advice.

Please note that inclusion in this directory does not represent an endorsement or recommendation by Look Good Feel Better. Details were correct at the time of going to print.

### **Balls to Cancer**

[www.ballstocancer.co.uk](http://www.ballstocancer.co.uk)

### **Bob Champion Cancer Trust**

[www.bobchampion.org.uk](http://www.bobchampion.org.uk)  
020 7924 3553

### **Bowel Cancer UK**

[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)  
020 79401760

### **Brain Tumour Action**

[www.braintumouraction.org.uk](http://www.braintumouraction.org.uk)  
0131 466 3116

### **Bustin your Balls**

[www.bustinyourballs.org](http://www.bustinyourballs.org)

### **Cancer Research UK**

[www.cancerresearchuk.org.uk](http://www.cancerresearchuk.org.uk)  
080 800 4040

### **Cancer United**

[www.cancerunited.org](http://www.cancerunited.org)  
01903 779880

### **Chaps UK**

[www.chaps.uk.com](http://www.chaps.uk.com)  
01206 321253

### **Clic Sargent**

[www.clicsargent.org.uk](http://www.clicsargent.org.uk)  
0300 330 0803

### **It's in the Bag**

[www.itsinthebag.org.uk](http://www.itsinthebag.org.uk)  
0117 3423472

### **Kidney Cancer UK**

[www.kcuk.org.uk](http://www.kcuk.org.uk)  
0800 002 9002

### **Leukaemia Care**

[www.leukaemiacare.org.uk](http://www.leukaemiacare.org.uk)  
0808 8010 444

### **Lymphoma Action**

[www.lymphomas.org.uk](http://www.lymphomas.org.uk)  
0808 808 5555

### **Macmillan Cancer Support**

[www.macmillan.org.uk](http://www.macmillan.org.uk)  
0808 808 0000

### **Maggie's Centres**

[www.maggiescentres.org](http://www.maggiescentres.org)  
0300 123 1801

### **Male Cancer Awareness**

[www.malecancer.org](http://www.malecancer.org)

### **Marie Curie Cancer Care**

[www.mariecurie.org.uk](http://www.mariecurie.org.uk)  
0800 716146

### **Movember Tackle Prostate Cancer**

[www.uk.movember.com](http://www.uk.movember.com)  
020 7952 2060

### **Orchid - Fighting Male Cancer**

[www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)  
0808 802 0010

### **Prostate Cancer UK**

[www.prostatecanceruk.org](http://www.prostatecanceruk.org)  
0800 074 8383

### **Roy Castle Lung Cancer Foundation**

[www.roycastle.org](http://www.roycastle.org)  
0333 323 7200

### **Teens Unite**

[www.teensunitefightingcancer.org](http://www.teensunitefightingcancer.org)  
01992 440091

### **Teenage Cancer Trust**

[www.teenagecancertrust.org](http://www.teenagecancertrust.org)  
020 7612 0370

### **Youth Cancer Trust**

[www.youthcancertrust.org](http://www.youthcancertrust.org)  
01202 763591

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