



Oncology Updates

for the Children's Cancer and Blood Disorders Center



Clinic News



On behalf of the Children's Cancer and Blood Disorders Center, we would like to wish you and your family a safe and happy holiday season! The clinic will be closed on December 25 and January 1.

Save the Date

2019 Special Love Fantastic Winter Weekend

January 4 – 6, 2019

From skiing and snowboarding to inner tubing, teens and young adults from CHKD may enjoy a day of fun on the slopes at Bryce Ski Resort during Special Love's Fantastic Winter Weekend. For those who do not want to be outside on the slopes, there is also the option to simply relax inside the ski lodge by the warm fire. After the day's activities, the weekend will resume back at the 4-H Center (home of Special Love Camp) in Front Royal, Virginia. There will be games, food, a campfire, and spending time with friends. Campers for this weekend must be between the ages of 13 and 25. For more information and to register, please visit speciallove.org.

Support

2018 Holiday Luncheon

Friday, December 14, 11:30 a.m. – 1:30 p.m.
Nordstrom Café, MacArthur Center
301 Cumberland Street, Norfolk

Join other parents and caregivers of children with cancer for our annual Caregivers Support Holiday Luncheon. Please **RSVP by December 7** to Rebecca Ruck at (757) 668-9617 or Kelly Trejo at (757) 668-7931 to attend.

Sibshops

This hospital-wide support program is for kids age 6 to 14 who have a brother or sister in the hospital and is designed to help siblings from all different units at CHKD, not just siblings of cancer patients. Sibshops are held at CHKD, and light snacks are provided. For more information about the groups and when they're offered, please contact the social work department at (757) 668-7273.

Education Corner

Chemotherapy and Nutrition

Nutrition is pivotal to a child's growth and development, but children undergoing treatment for cancer such as surgery, chemotherapy, and radiation, generally have an increased nutritional need due to the demands of the treatment. Poor nutrition can lead to low energy levels, delayed healing of wounds, and decreased ability to fight infections.

Improving nutrition in your child can be challenging due to the side effects of their disease and treatment, but following these suggestions may help improve your child's nutrition:

- Try to offer small frequent meals and snacks.
- Take advantage of the time that your child feels like eating and offer foods then.
- Encourage your child to drink plenty of fluids.
- Offer high calorie and high protein meals.
- Ask your doctor about medications to help increase appetite and decrease discomfort and/or nausea.
- Ask to speak with the dietician if you are concerned about what and how much your child is or is not eating.



If you're concerned about your child's diet or eating habits during or after treatment, please talk with your child's nurse, doctor, or dietitian.