



Waterloo Wellington  
Regional Cancer Program  
in partnership with Cancer Care Ontario

# When you should see a community dietitian

Community Referral  
Guide for Cancer  
Patients and Providers



## For Cancer Patients: When you should see a community dietitian

Cancer and cancer treatment can affect your appetite (when you do not have a feeling of hunger or interest in food). You may also have questions about what you should eat.

Talk to your health care team about any trouble you have eating (e.g. upset stomach, trouble swallowing) or if it becomes harder to eat.

A Registered Dietitian has training in food and nutrition. A Registered Dietitian will work with you to make a plan that fits your goals and lifestyle.

Registered Dietitians have special training in many areas of health. **Community dietitians** can focus on:

- General healthy eating
- Eating for weight loss/gain
- Heart health
- Eating disorders
- Diabetes
- General cancer nutrition questions or concerns

People might have mild nutrition issues or general questions about eating and nutrition. A community dietitian (a dietitian who works outside of the cancer centre) can support you with these concerns.

### **This resource is for you if you have:**

- Nutrition questions that are not related to your cancer
- Minor issues with eating
- A treatment that won't have a very big effect on your ability to eat
- A stable weight and are eating about the same amount and variety of food as before your cancer diagnosis
- Questions about eating for cancer prevention

You and your health care team will monitor your nutrition status and ability to eat. If your symptoms get worse you might be offered an appointment with a Registered Dietitian who works in cancer care.

## What should I do?

If you have symptoms from your cancer or cancer treatment that change how you eat you should:

- 1) **Talk** to your health care team first. They might be able to help right away. For minor or mild nutrition issues your team might suggest seeing a community dietitian.
- 2) **Read** Cancer Care Ontario's Symptom Management Guides (e.g. Loss of Appetite, nausea, diarrhea, constipation...). You will find ideas, tips and tricks to manage your symptoms.
- 3) **Seek** an appointment with a cancer centre dietitian if you are losing weight, have many symptoms or find your treatment side effects are making it harder and harder to eat.

**Cancer Care Ontario** has resources to help you manage other symptoms that might affect your eating such as:

- Pain
- Depression or anxiety
- Fatigue

Find guides on managing these symptoms on Cancer Care Ontario's website:

[www.cancercareontario.ca/en/symptom-management](http://www.cancercareontario.ca/en/symptom-management)

## Free Dietitian Services

Where?	Details	Contact
<b>Family Health Team</b>	Family health team dietitians are able to work closely with your family doctor to create the best care plan for you.	Are you part of a family health team? If so, these teams usually have a dietitian on staff. Call your team to set up an appointment today.
<b>The Waterloo Wellington Local Health Integration Network (LHIN)</b>	Your nurse or doctor can refer you to this service. This is meant for people who need more in-depth support in their home.	If you are already a LHIN patient, you can self-refer to a dietitian by calling: <b>310-2222</b> (no area code required)
<b>TeleHealth Ontario</b>	A telephone service for health care.	Call to speak with a Dietitian over the phone: <b>1-866-797-0000</b>

<b>The Waterloo Wellington Diabetes Program</b>	Offer dietitian services free of charge if you are at risk or living with diabetes.	You can self-refer by calling: <b>519-947-1000 x372</b> <b><a href="http://www.waterloowellingtondiabetes.ca">www.waterloowellingtondiabetes.ca</a></b>
<b>Inspire Health</b>	Book a one-on-one appointment with a dietitian by visiting the website.	Consultations are provided by phone or video. <b><a href="http://www.inspirehealth.ca/programs/clinical-services/nutrition-consultations-services/">www.inspirehealth.ca/programs/clinical-services/nutrition-consultations-services/</a></b>

## Fee for Service Dietitians

Many health benefit plans will cover the cost of dietitian services. Call your benefit provider before you book a visit.

<b>Private Practice</b>	These dietitians have their own businesses in the community. They specialize in many different areas.	Search for a Dietitian near you on the Dietitians of Canada website: <b><a href="http://www.dietitians.ca">www.dietitians.ca</a></b>  OR Call <i>Region of Waterloo Public Health</i> for a list of private practice Dietitians in Waterloo Region: <b>519-575-4400</b>
<b>Zehrs or Sobeys</b>	Grocery stores have hired dietitians to help and inspire people right where they shop.	Visit or call your Zehrs or Sobeys to find out the different options they offer. Call your local store to book a private appointment.  <b><a href="http://www.zehrs.ca/dietitians">www.zehrs.ca/dietitians</a></b>  <b><a href="http://www.sobeyspharmacy.com/pharmacy-services/dietitians/">www.sobeyspharmacy.com/pharmacy-services/dietitians/</a></b>

## Online & Web Nutrition Sources

Dietitians of Canada - **[www.dietitians.ca/](http://www.dietitians.ca/)**

Unlock Food - **[www.unlockfood.ca/en/default.aspx](http://www.unlockfood.ca/en/default.aspx)**

BC Cancer Agency (Nutrition handouts and A Nutrition Guide for Women with Breast Cancer)  
- **[www.bccancer.bc.ca/health-professionals/clinical-resources/nutrition](http://www.bccancer.bc.ca/health-professionals/clinical-resources/nutrition)**

HopeSpring Cancer Support Centre - **[www.hopespring.ca/programs](http://www.hopespring.ca/programs)**