

## TRANSCRIPT OF EXPERT INTERVIEW WITH SUZANNE DIXON

Suzanne Dixon, M.P.H., M.S., R.D., a nationally renowned dietitian, nutrition expert, and founder of [www.caring4cancer.com](http://www.caring4cancer.com)

If you would like to go straight to a particular question you may place the pointer on the time elapsed bar and a hand will appear, with which you can navigate to the time point you wish to listen from.

Please note 00.20 denotes 0 minutes and 20 seconds into the interview.

Time: *0.00-0.014* – Introducing Suzanne Dixon

Time: *00.20* – **Question 1:** First, can you give us a little background about what you do?

Time *01.00* – **Question 2:** Given your extended experience and knowledge about cancer nutrition what are your general guidelines for nutrition and health for cancer patients?

Time: *04.25* – **Question 3:** When cancer patients receive chemo-therapy they have unique concerns such as mouth sores or body sores etc. What role does nutrition play in preventing or reducing the pain from such sores? Why do such sores arise?

Time: *06.40* – **Question 4:** What are the dietary guidelines for Carcinoid and Neuroendocrine Tumor patients? How do the guidelines change if the patient is or is not experiencing Carcinoid Syndrome.

Time: *11.27* – **Question 5:** Are there foods that will reduce or stop diarrhea? What are your thoughts on nutmeg?

Time: *13.10* – **Question 6:** Going back to talking about dietary guidelines - do you believe that dietary guidelines change for Carcinoid cancer survivors and are there diet recommendations for Carcinoid prevention?

Time: *16.23* – **Question 7:** What foods should Carcinoid patients avoid and what foods should patients be sure to eat on a daily basis, like a monthly basis, etc?

Time: *20.04* – **Question 8:** Can you give us a summary about what are some eating tips, some general eating tips, for Carcinoid patients? You mentioned fiber.

Time: *25.03* – **Question 9:** Many Carcinoid patients complain about nausea

and vomiting. What can they eat to reduce these symptoms?

Time: 30.24 – **Question 10:** For patients undergoing Carcinoid treatment – what are general eating tips for them?

Time: 36.33 – **Question 11:** For patients undergoing Sandostatin treatment – what are general eating tips for them?

Time: 38.40 – **Question 12:** For patients undergoing radio-frequency ablation treatment what are general eating tips for them?

Time: 40.23 – **Question 13:** For patients undergoing selective internal radiation therapy what are general eating tips for them?

Time: 40.42 – **Question 14:** What do you recommend for patients that underwent surgery, what are the tips for before and after surgery and in particular do you have any suggestions to relieve constipation?

Time: 44.58 – **Question 15:** Is there a minimal amount of tryptophan that patients should have in their bodies? What are the negative repercussions if someone doesn't have that level of tryptophan?

Time: 48.52 – **Question 16:** Talking about supplements – what kinds of nutritional supplements that you recommend? Multi-vitamins or Omega Three supplements or Lysine?

Time: 56.29 – **Question 17:** What is Milk Thistle? Does it have a positive effect on liver and with patients who have extensive liver metastasis do you recommend it?