



Lifestyle Changes

Here are some questions to help you start a discussion with your doctor about navigating life in long-term treatment or after treatment ends.

1. Are there lifestyle changes such as stress management, exercise, and diet that can improve my overall health and mitigate the long-term side effects of my treatment?
2. What other healthy habits should I adopt to reduce the risk of recurrence or other health issues?
3. What long-term lifestyle goals should I set for myself as I move forward?

Exercise

1. What type of exercise is safe and beneficial for me at this stage?
2. How much exercise should I do?

Diet and nutrition

1. How should I adjust my diet to help manage digestive problems or weight changes?
2. Are there specific foods that may help alleviate my symptoms?
3. Should I consult with a nutritionist to create a personalized meal plan?
4. Are there supplements or vitamins that you recommend?
5. Should I start or continue to use pancreatic enzymes?