

Your nutrition prehabilitation for head and neck radiotherapy

● ● ● A diagnosis of head and neck cancer can make you feel a loss of control

Prehabilitation or prehab is about giving you back this control and getting you ready for better recovery after radiotherapy



This card has been created with previous patients, caregivers and health professionals

This nutrition prehabilitation information is to support you and is part of the CoENHANCE study

Your nutrition prehabilitation



Optimise your intake

Eating regular, nourishing meals with protein can help your body handle treatment and heal.

A dietitian can help.

Keep your body moving

Try to stay active if you can. Even a little movement can help your body get ready for radiotherapy and stay strong during treatment.



Stay connected

Stay in touch with family, friends, or support groups. They can help you feel better and less alone. Think about the people, groups, or activities that help you feel supported as you get ready for treatment.

