

ASPECTOS NUTRICIONALES Y EJERCICIO FÍSICO EN CÁNCER DE PULMÓN



A medida que aumenta la duración de la supervivencia en oncología es importante identificar intervenciones que también mejoren la calidad de vida promoviendo conductas de estilo de vida saludable como la **realización de ejercicio físico regular y una dieta saludable**¹

La nutrición es un factor clave importante en la prevención y tratamiento del cáncer de pulmón²

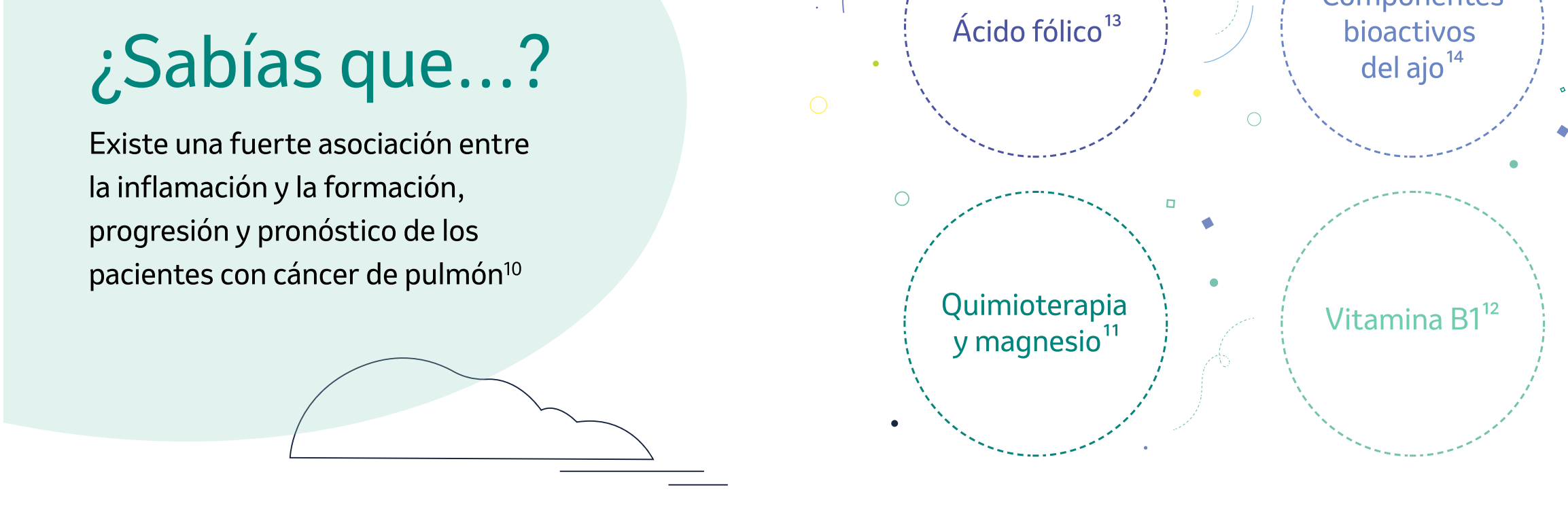


Es recomendable la identificación y tratamiento precoz de la malnutrición para mejorar el pronóstico y la calidad de vida de los pacientes³

Una dieta antiinflamatoria individualizada podría evitar la aparición y/o progresión del tumor ⁴⁻⁹					
 Baja en grasas saturadas ⁴	 Rica en vitamina C, D ⁵	 Rica en Proteínas ⁶	 Rica en Fibra ⁷	 Rica en Zn ⁸	 Rica en Vegetales ⁹

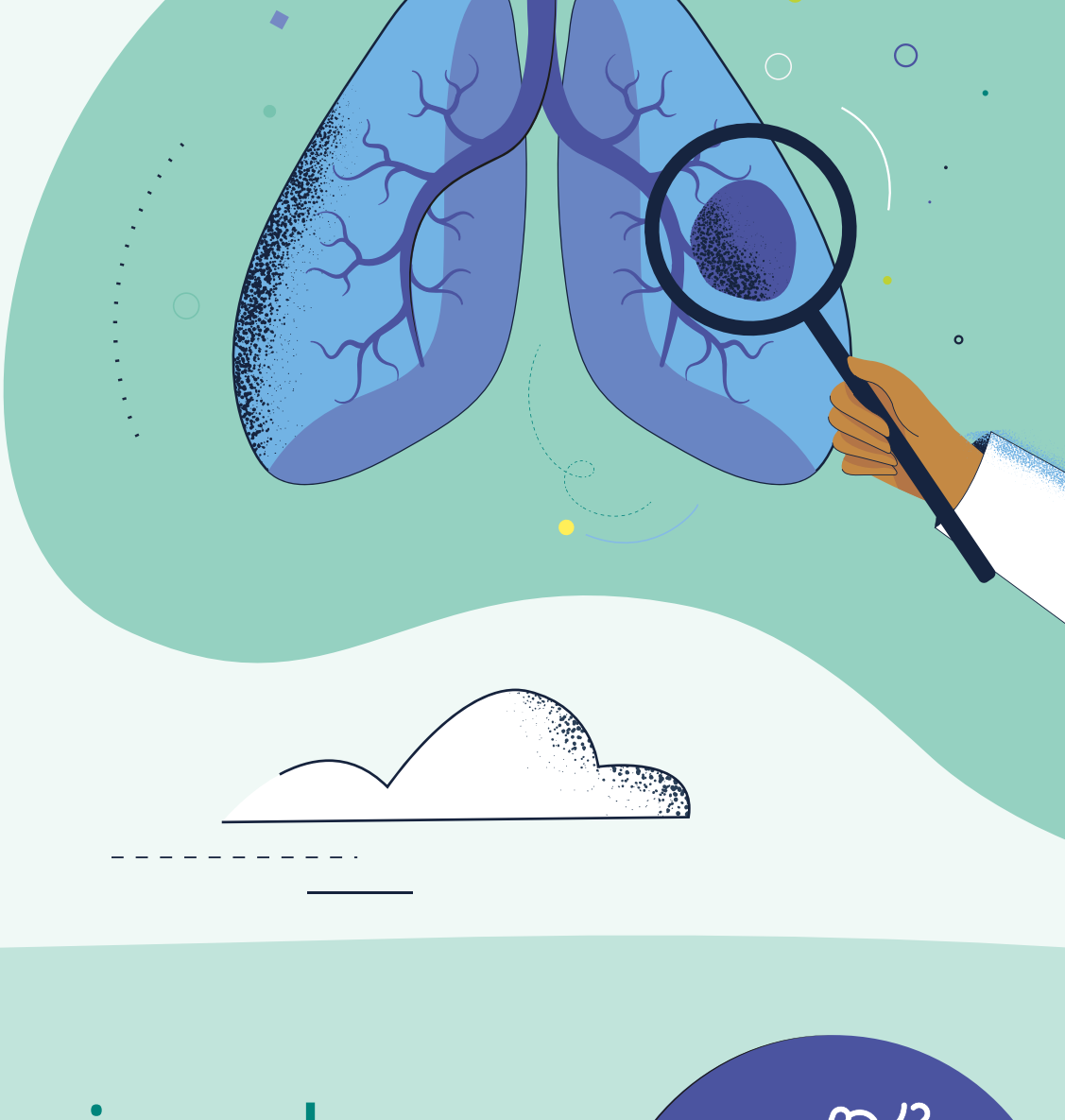
* El estudio sugiere posible asociación de beneficio solo en hombres, requiriendo más investigación para demostrar correlación también en mujeres.

Algunos componentes de los alimentos podrían estar relacionados con un efecto anticancerígeno¹¹⁻¹⁴

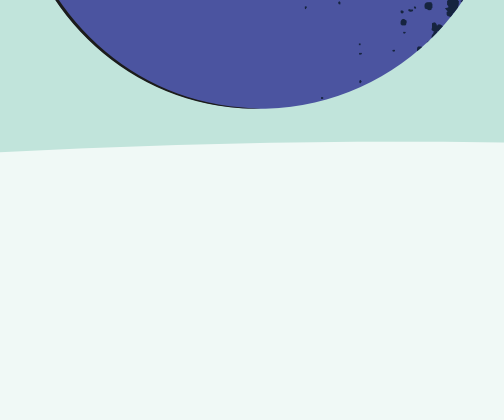


Componentes de la dieta relacionados con la progresión tumoral¹⁵⁻²⁰

-  **Derivados cárnicos en exceso**¹⁵
presencia de nitratos/nitritos en productos curados
-  **Alcohol**¹⁶
-  **Ahumados/frituras**¹⁷
aminas aromáticas, nitrosaminas y benzopirenos
-  **Disruptores endocrinos de algunos envases**¹⁸
-  **Micotoxinas de hongos**¹⁹



La actividad física está relacionada con la inhibición o desaceleración del cáncer de pulmón^{20,21}



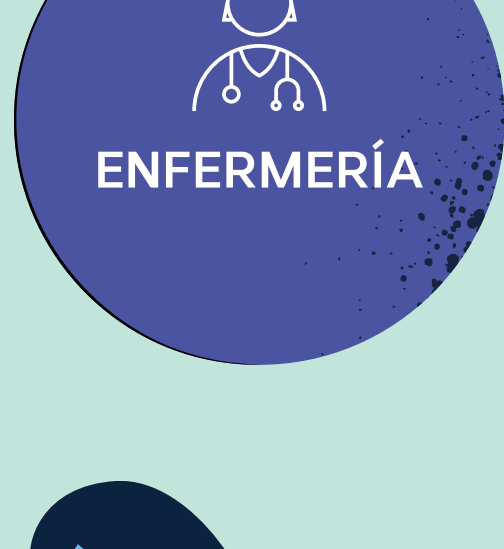
Actividad física regular: efectos antiinflamatorios^{20,21}



Ejercicios recomendados tras sesiones de tratamiento²¹⁻²⁴



El papel de enfermería de calidad puede acelerar significativamente la recuperación de la función respiratoria en pacientes con cáncer de pulmón^{25,26}



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