

Cambios en el gusto y el olfato en el tratamiento contra el cáncer

Changes in Taste and Smell with Cancer Treatment

Your sense of taste or smell may change with cancer treatments. Some foods may have a bitter or metallic taste or may be less tasteful. Changes in taste and smell often improve after cancer treatment is complete.

Visit your dentist to rule out dental problems that may affect your taste. Try these changes to improve taste and smell:

- Keep your mouth clean by brushing and flossing.
- Choose foods that look and smell good to you.
- Eat high protein foods like chicken, turkey, eggs, dairy products, mild tasting fish or tofu.
- Marinate meat, chicken or fish in sweet fruit juices, sweet wine, Italian salad dressing, or sweet and sour sauce.
- Use small amounts of seasonings such as basil, oregano or rosemary.
- If you have a metal taste in your mouth, try eating with plastic forks and spoons, and cooking in glass pots and pans instead of metal ones.
- If odors bother you, serve food at room temperature, turn on a kitchen fan, cover food when cooking or cook outdoors if possible.

Talk to your doctor or nurse if you have any questions or concerns.

Los sentidos del gusto y del olfato pueden cambiar con los tratamientos contra el cáncer. Algunos alimentos pueden tener un gusto amargo o metálico, o ser menos sabrosos. Los cambios en el gusto y el olfato con frecuencia mejoran cuando se ha finalizado el tratamiento contra el cáncer.

Visite a su dentista para descartar problemas dentales que puedan afectar su sentido del gusto.

- debe mantener la boca limpia con el cepillado y el uso de seda dental;
- elija alimentos que tengan un buen aspecto y huelan bien para usted;
- consuma alimentos con un alto contenido de proteínas, tales como pollo, pavo, huevos, productos lácteos, pescado de sabor suave o tofu;
- marine la carne, pollo o pescado en jugos de fruta dulce, vino dulce, aderezo italiano para ensaladas, o salsa agridulce;
- use pequeñas cantidades de condimentos como albahaca, orégano o romero;
- si tiene un gusto metálico en la boca, pruebe comer con tenedores y cucharas de plástico y cocinar en ollas y sartenes de vidrio, en lugar de metal;
- si le molestan los olores, sirva los alimentos a temperatura ambiente, encienda el ventilador de la cocina, cubra los alimentos al cocinarlos o cocine al aire libre cuando sea posible.

Converse con su médico, enfermera o nutricionista sobre cómo tratar los problemas para comer que pueda tener.

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