
The Role of Nutrition in the Management of Renal Cell Cancer: Evidence and Recommendations

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Abstract

The management of renal cell cancer (RCC) has evolved significantly, with a growing recognition of the role that nutrition plays in supporting patients throughout their treatment journey. This paper reviews current evidence regarding the impact of nutritional interventions on the clinical outcomes and quality of life for individuals diagnosed with RCC. Malnutrition and unintentional weight loss are common among cancer patients, including those with RCC, and can lead to adverse effects such as decreased treatment tolerance, poorer prognosis, and diminished overall well-being. The abstract explores the significance of tailored nutritional strategies, including dietary modifications, supplementation, and the importance of individualized care plans. Emerging research suggests that optimal nutritional support can enhance the efficacy of treatment modalities, improve immune function, and alleviate treatment-related side effects. Furthermore, the paper highlights the role of oncology nutritionists and dietitians in assessing nutritional status and implementing evidence-based dietary interventions.

Keywords: Renal cell cancer; Nutrition; Nutritional interventions; Malnutrition; Treatment tolerance

Introduction

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