

# Tush Talks: Nutrition and Colorectal Cancer

In this episode of Tush Talks, Patti Kinch, a Registered Dietitian with Alberta Health Services, will answer frequently asked questions about nutrition during colorectal cancer. She will discuss:

- the importance of nutrition during treatment,
- how an ostomy can affect nutritional needs,
- the role of fiber, and
- how to access dietary services.

## Recorded session

This Colorectal Cancer Canada Tush Talks' Q&A session is recorded for viewing as often as you'd like.

Click the link below or copy and paste it into your web browser:

<https://youtu.be/JSyAQ0PeCzA?si=6DXLmSrNbTklx7Bn>

## Handouts

To learn more about topics Patti discusses, check out [ahs.ca/NutritionHandouts](https://ahs.ca/NutritionHandouts) and search using the topic filer "cancer".

## Questions

Talk to your dietitian about nutrition and cancer. Ask your cancer team for a referral.



Call, text, or chat with 211 Alberta ([ab.211.ca/](https://ab.211.ca/)) to find out about financial benefits, programs, and services.