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## Dietary needs and problems in adolescents and young adults with cancer in Japan

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**Background:** It has been suggested that there are dietary problems in adolescents and young adults among cancer patients. However, few studies have evaluated dietary problems of adolescents and young adults with cancer in Japan.

**Methods:** To investigate dietary needs and problems of adolescents and young adults among cancer patients, we performed a cross-sectional study in Japan. The questionnaire was sent to a following three groups: cancer patients in treatment, cancer survivors and healthy adolescents and young adults as a standard for comparison. The questionnaires included questions about problems during undergoing treatment, current problems of cancer patients and survivors, and problems of taste and smell change.

**Results:** Our results showed that all three groups (i.e. cancer patients in treatment, cancer survivors and healthy adolescents and young adults) reported the importance of dietary habit for health maintenance.

At the same time, our results suggested that cancer patients in treatment and cancer survivors specifically had a problem of taste and smell change, while healthy adolescents and young adults did not.

To improve the quality of life of cancer patients in Japan, further studies are required to examine the problem of taste and smell change in cancer patients and survivors.

### Biography

Reiko Suzuki, obtained Ph.D. degree (Medical, Nutritional epidemiology) in 2006 at Karolinska Institutet, Sweden. Her research area is a hormone-related dietary factors and estrogen-receptor and progesterone receptor defined breast cancer risk. She was a postdoctoral student, at Cancer Research UK, Oxford University (2007), and National cancer center in Japan (2008-2011). She is currently a professor in Tokyo healthcare university (2011-2017).

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