

Country Oncology Report

May 2016

nutritionDay November 2015 in UNITED STATES OF AMERICA

Dear participant,

thank you for your participation in nutritionDay worldwide in November 2015 and for your effort. We are now able to present you your oncology country report of the following sample size.

Number of units on nutritionDay: 128 Number of units on nutritionDay completing Sheet 1_onco: 18 Number of patients on nutritionDay: 2565 Number of cancer patients on nutritionDay: 150 *(referring to sheet 2 regular "affected organs")* Number of patients completing Sheet 2_onco: 108 Number of patients completing Sheet 3 onco: 98

Your oncology report reference results are based on data of cancer patients of all specialties of nutritionDay 2015.

The nutritionDay oncology report provides most important results of your oncology patients as well as nutritional care structures and care routines for cancer patients in your country.

You will find some explanations how to read and interpret the data on the next page.

Next year's nutritionDay will take place on November 10th 2016. Again, we would very much appreciate your participation. You will be provided with further information on a regular basis.

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

Clarak

Sigrid Kosak, MA



UNITS REPORT ("Sheet 1"):	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	18	275
Computerized system in hospital:	18 units (100%) YES	262 units (95%) YES
Nutritional treatment of cancer patients is part of overall care plan	16 units (89%) YES	245 units (89%) YES
Nutritional treatment is considered Routinely When patient asks When body weight loss > 10% During palliative phase Other Missing	14 (77.8%) 10 (55.6%) 11 (61.1%) 2 (11.1%) 1 (5.56%) 1 (5.56%)	171 (62.2%) 87 (31.6%) 100 (36.4%) 79 (28.7%) 30 (10.9%) 23 (8.36%)
Nutritional treatment is not part of the comprehensive approach due to Lack of evidence No knowledge of the field No reimbursement It feeds the tumour Other	- - - -	6 (2.18%) 11 (4.00%) 8 (2.91%) - 16 (5.82%)
Nutritional therapy used for cancer patients Nutrition according to nutrition plan Calculation of energy needs Monitoring patients intake and use of oral supplements None Other Missing	18 (100%) 18 (100%) 18 (100%) - 2 (11.1%)	195 (70.9%) 164 (59.6%) 242 (88.0%) - 26 (9.45%) 6 (2.18%)
Nutritional therapy is not used due to Lack of evidence Lack of experience No reimbursement Lack of dietitians Lack of other experts Other Missing	- - - - -	2 (0.73%) 5 (1.82%) 6 (2.18%) 8 (2.91%) 1 (0.36%) 7 (2.55%)
Assessment of parameters in cancer patients & methods used:		
Anthropometry/Body composition: Body weight Regularly At chemotherapy When necessary Never Unknown Missing	15 (83.3%) - 2 (11.1%) - - 1 (5.56%)	170 (61.8%) 46 (16.7%) 52 (18.9%) 1 (0.36%) 1 (0.36%) 5 (1.82%)



Anthronomotrics (circumforon			
Anthropometrics (circumferen		1 (22 20/)	25 (9.09%)
Regularly		4 (22.2%)	
At chemotherapy			9 (3.27%)
When necessary		3 (16.7%)	89 (32.4%)
Never		6 (33.3%)	122 (44.4%)
Unknown		2 (11.1%)	8 (2.91%)
Missing		3 (16.7%)	22 (8.00%)
BIA			
Regularly		-	3 (1.09%)
At chemotherapy		-	-
When necessary		3 (16.7%)	68 (24.7%)
Never		9 (50.0%)	162 (58.9%)
Unknown		2 (11.1%)	18 (6.55%)
Missing		4 (22.2%)	24 (8.73%)
Wissing		+ (22.270)	24 (0.7370)
CT SCAN			
Regularly			10 (3.64%)
		-	10 (3.04 %)
At chemotherapy			
When necessary		9 (50.0%)	84 (30.5%)
Never		4 (22.2%)	139 (50.5%)
Unknown		1 (5.56%)	14 (5.09%)
Missing		4 (22.2%)	28 (10.2%)
DEXA			
Regularly		-	3 (1.09%)
At chemotherapy		-	2 (0.73%)
When necessary		6 (33.3%)	60 (21.8%)
Never		6 (33.3%)	159 (57.8%)
Unknown		2 (11.1%)	20 (7.27%)
Missing		4 (22.2%)	31 (11.3%)
Wissing		+ (22.270)	51 (11.570)
Other (body composition)			
Regularly		2 (11.1%)	6 (2.18%)
		2 (11.170)	0 (2.1070)
At chemotherapy		-	
When necessary		2 (11.1%)	24 (8.73%)
Never		1 (5.56%)	85 (30.9%)
Unknown		1 (5.56%)	34 (12.4%)
Missing		12 (66.7%)	126 (45.8%)
Body function:			
Handgrip			
Regularly		-	15 (5.45%)
At chemotherapy		-	1 (0.36%)
When necessary		1 (5.56%)	62 (22.5%)
Never		11 (61.1%)	167 (60.7%)
Unknown		1 (5.56%)	8 (2.91%)
Missing		5 (27.8%)	22 (8.00%)
		0 (211070)	
6-minutes walking test			
Regularly		-	4 (1.45%)
At chemotherapy		_	2 (0.73%)
When necessary		- 1 (5.56%)	53 (19.3%)
Never			
		11 (61.1%)	182 (66.2%)
Unknown		1 (5.56%)	7 (2.55%)
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Missian			
Missing		5 (27.8%)	27 (9.82%)
Other (body function)			
Regularly		-	2 (0.73%)
At chemotherapy		-	1 (0.36%)
When necessary		-	28 (10.2%)
Vever		4 (22.2%)	109 (39.6%)
Jnknown		3 (16.7%)	32 (11.6%)
Vissing		11 (61.1%)	103 (37.5%)
Nutritional requirements, o	calculated		
Regularly		12 (66.7%)	71 (25.8%
At chemotherapy		-	4 (1.45%
When necessary		3 (16.7%)	113 (41.1%
Never		-	29 (10.5%
Jnknown		-	5 (1.82%
Vissing		3 (16.7%)	53 (19.3%
VIISSILIG		3 (10.770)	55 (17.576
Nutritional intake: Every meal			
			44 (21 00/
Regularly		14 (77.8%)	66 (24.0%
At chemotherapy		-	2 (0.73%
When necessary		3 (16.7%)	117 (42.5%
Vever		-	40 (14.5%
Jnknown		-	8 (2.91%
Vissing		1 (5.56%)	42 (15.3%
1 meal per day			
Regularly		3 (16.7%)	20 (7.27%
At chemotherapy		-	1 (0.36%
When necessary		3 (16.7%)	66 (24.0%
Vever		-	65 (23.6%
Jnknown		1 (5.56%)	18 (6.55%
Vissing		11 (61.1%)	105 (38.2%
2 meals per day			
Regularly		3 (16.7%)	17 (6.18%
At chemotherapy		-	2 (0.73%
When necessary		3 (16.7%)	66 (24.0%
5		3 (10.770)	-
Never			69 (25.1%
Jnknown		1 (5.56%)	18 (6.55%
Vlissing		11 (61.1%)	103 (37.5%
24h recall			
Regularly		1 (5.56%)	48 (17.5%
At chemotherapy		-	2 (0.73%
When necessary		4 (22.2%)	85 (30.9%
Never		1 (5.56%)	50 (18.2%
Jnknown		1 (5.56%)	14 (5.09%
Vissing		11 (61.1%)	76 (27.6%
Other (nutritional intake)			
Regularly		1 (5.56%)	12 (4.36%
At chemotherapy		-	1 (0.36%
When necessary		_	36 (13.1%
5			
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Never	-	58 (21.1%)
Unknown	1 (5.56%)	26 (9.45%)
Missing	16 (88.9%)	142 (51.6%)
Questionnaire completed by		
Dietitian	17 (94.4%)	100 (36.4%)
Nurse	1 (5.56%)	105 (38.2%)
Physician	-	43 (15.6%)
Nutritional scientist	-	19 (6.91%)
Other	-	4 (1.45%)
Missing	-	4 (1.45%)



PATIENTS REPORT ("Sheet 2")	:	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing		108	2607
Demographic data: Age (years)		66 [29-96]	65 [3-105]
Female gender		46 (42.6%)	1167 (44.8%)
Weight (kg)		76.8 ± 20.7	68.0 ± 17.1
Height (cm)		170.6 ± 11.4	166.2 ± 10.3
BMI (kg/m2)		26.5 ± 6.9	24.4 ± 5.2
Outpatient (o)/Ward (w)			
Outpatient(o)		1 (0.93%)	22 (0.84%)
Ward (w)		106 (98.1%)	2580 (99.0%)
Missing		1 (0.93%)	5 (0.19%)
Goal of Therapy			
Curative		61 (56.5%)	1402 (53.8%)
Palliative		34 (31.5%)	1006 (38.6%)
Terminal		7 (6.48%)	113 (4.33%)
Missing		6 (5.56%)	86 (3.30%)
Reason for admission			
Clinical diagnostics		13 (12.0%)	355 (13.6%)
Therapy		16 (14.8%)	1228 (47.1%)
Surgery related		7 (6.48%)	423 (16.2%)
Treatment complications		21 (19.4%)	365 (14.0%)
Poor health status		55 (50.9%)	418 (16.0%)
Independent care difficult Missing		5 (4.63%)	38 (1.46%)
iviissii ig			
Present cancer diagnosis		0 (7 410()	100 ((000()
Breast		8 (7.41%) 12 (11.1%)	180 (6.90%) 427 (16.4%)
Colon, rectum Prostate		6 (5.56%)	427 (10.4%) 98 (3.76%)
Lung		33 (30.6%)	312 (12.0%)
Skin		3 (2.78%)	35 (1.34%)
Kidney/bladder		3 (2.78%)	126 (4.83%)
Gastric/oesophageal		2 (1.85%)	274 (10.5%)
Pancreas		13 (12.0%)	126 (4.83%)
		10 (9.26%)	165 (6.33%)
Ears nose throat (ENT) Leukaemia		7 (6.48%)	171 (6.56%)
Genital tract		6 (5.56%) 3 (2.78%)	163 (6.25%) 121 (4.64%)
Liver		7 (6.48%)	123 (4.72%)
Sarcoma			41 (1.57%)
Brain		5 (4.63%)	54 (2.07%)
Testicular		-	17 (0.65%)
Other		11 (10.2%)	257 (9.86%)
Missing		2 (1.85%)	108 (4.14%)
Time since diagnosis			
0-2 months		38 (35.2%)	777 (29.8%)
3-5 months		11 (10.2%)	412 (15.8%)
6-12 months		14 (13.0%)	388 (14.9%)
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1-2 years	12 (11.1%)	314 (12.0%)
2-4 years	11 (10.2%)	232 (8.90%)
> 4 years	11 (10.2%)	268 (10.3%)
Missing	6 (5.56%)	172 (6.60%)
Cancer staging		
0=Carcinoma in situ	8 (7.41%)	90 (3.45%)
I=Localized	20 (18.5%)	375 (14.4%)
II=Early locally advanced	10 (9.26%)	345 (13.2%)
III=Late locally advanced	10 (9.26%)	392 (15.0%)
IV=Metastasised Missing	49 (45.4%) 11 (10.2%)	955 (36.6%) 450 (17.3%)
Time since first therapy start		
No therapy	14 (13.0%)	187 (7.17%)
Tumour staging/diagnosis	10 (9.26%)	200 (7.67%)
0-2 months	28 (25.9%)	736 (28.2%)
3-5 months	12 (11.1%)	345 (13.2%)
6-12 months	6 (5.56%)	338 (13.0%)
1-2 years	7 (6.48%)	232 (8.90%)
2-4 years	10 (9.26%)	176 (6.75%)
> 4 years	10 (9.26%)	250 (9.59%)
Missing	8 (7.41%)	163 (6.25%)
Therapy situation		
Diagnosis	23 (21.3%)	236 (9.05%)
Chemotherapy 1st line	22 (20.4%)	488 (18.7%)
Chemotherapy > 1st line	18 (16.7%)	367 (14.1%)
Radiotherapy	13 (12.0%)	272 (10.4%)
Target therapy	-	84 (3.22%)
Hormone therapy		26 (1.00%
Palliative	19 (17.6%)	359 (13.8%)
	14 (13.0%)	
Surgery	· · ·	504 (19.3%)
Cancer related complications	8 (7.41%)	266 (10.2%)
Therapy related complications	11 (10.2%)	127 (4.87%)
Missing	11 (10.2%)	153 (5.87%)
Infections		1000 ((0.40)
None	74 (68.5%)	1808 (69.4%)
Local	21 (19.4%)	381 (14.6%)
General	10 (9.26%)	179 (6.87%)
Missing	3 (2.78%)	239 (9.17%)
Nutrition Treatment		
No special diet	60 (55.6%)	1080 (41.4%)
Individualized diet plan	33 (30.6%)	572 (21.9%)
Energy rich/protein rich ONS	27 (25.0%)	426 (16.3%
Enteral nutrition (via NGT/PEG)	4 (3.70%)	128 (4.91%)
Parenteral nutrition	3 (2.78%)	240 (9.21%)
ONS enriched with special nutrients	4 (3.70%)	88 (3.38%)
Special nutrients (EPA, branched chained amino	-	28 (1.07%)
acids, glutamine, arginine, carnitine)		
Personal preferences	23 (21.3%)	284 (10.9%)
Counselling	8 (7.41%)	355 (13.6%)
Other	7 (6.48%)	202 (7.75%)
	()	
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Missing

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Number of patients completing Sheet 3_onco: 98 2474 Body weight prior to becoming ill 82 [44-175] 73 [30-199] Actual body weight 74 [41-147] 67 [10-200] Change in weight was Interntional 5 (4.63%) 64 (2.45%) Unintentional 60 (55.6%) 1489 (57.1%) Unintentional 60 (55.6%) 1149 (57.1%) Missing 3 (2.78%) 111 (4.26%) During the last week Patients whoh have had pain: Not at all 20 (18.5%) 709 (27.2%) Natising 12 (17.9%) 111 (4.26%) 24 (22.2%) 419 (16.1%) Quite a bit 24 (22.2%) 419 (16.1%) 25 (2.1%) 520 (2.3%) Quite a bit 24 (22.2%) 419 (16.1%) 26 (2.2.7%) 332 (12.7%) Missing 19 (17.6%) 530 (20.3%) 391 (15.0%) Ailtite Not at all 14 (16.7%) 530 (20.3%) 391 (15.0%) Ailtite Not at all 8 (7.41%) 420 (16.1%) 420 (16.1%) 420 (16.1%) 420 (16.1%) 420 (16.1%) 420 (16.1%) 420 (16.1%)	PATIENTS REPORT ("Sheet 3"):		YOUR RESULTS	REFERENCE RESULTS
Actual body weight 74 [41-147] 67 [10-200] Change in weight was Intentional 5 (4.63%) 64 (2.45%) Unintentional 60 (55.6%) 1489 (57.1%) Weight is stable 18 (16.7%) 318 (12.2%) Missing 3 (2.78%) 111 (4.26%) During the last week Patients who have had pain: 709 (27.2%) Not at all 20 (18.5%) 709 (27.2%) Alittle 15 (13.9%) 596 (22.9%) Quite a bit 24 (22.2%) 419 (16.1%) Very much 28 (25.9%) 332 (17.7%) Missing 19 (17.6%) 530 (20.3%) Patients who needed a rest: W Not at all Not at all 9 (8.33%) 391 (15.0%) Alittle 18 (16.7%) 592 (22.7%) Quite a bit 25 (23.1%) 575 (22.1%) Very much 35 (32.4%) 488 (18.7%) Missing 19 (17.6%) 540 (20.7%) Quite a bit 23 (21.3%) 535 (22.4%) Oute a bit 23 (13.3%) 498 (18.7%) Missing	· · · · · · · · · · · · · · · · · · ·	Sheet 3_onco:		
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nutritionDay

<u> </u>		
Very much	36 (33.3%)	398 (15.3%
Missing	21 (19.4%)	582 (22.3%
Patients who lacked appetite:		
Not at all	25 (23.1%)	779 (29.9%
A little	26 (24.1%)	485 (18.6%
Quite a bit	11 (10.2%)	378 (14.5%
Very much	25 (23.1%)	391 (15.0%
Missing	19 (17.6%)	548 (21.0%
Just now		
Patients who have pain:		
Not at all	34 (31.5%)	901 (34.6%
A little	30 (27.8%)	676 (25.9%
Quite a bit	13 (12.0%)	327 (12.5%
Very much	11 (10.2%)	152 (5.83%
Missing	19 (17.6%)	533 (20.4%
Patients who need a rest:		
Not at all	21 (19.4%)	438 (16.8%
A little	26 (24.1%)	705 (27.0%
Quite a bit	17 (15.7%)	555 (21.3%
Very much	23 (21.3%)	347 (13.3%
Missing	20 (18.5%)	538 (20.6%
Patients who feel weak:		
Not at all	24 (22.2%)	503 (19.3%
Alittle	28 (25.9%)	647 (24.8%
Quite a bit	12 (11.1%)	538 (20.6%
Very much	23 (21.3%)	352 (13.5%
Missing	20 (18.5%)	541 (20.8%
Patients who are depressed:		
Not at all	68 (63.0%)	915 (35.1%
Alittle	11 (10.2%)	559 (21.4%
Quite a bit	3 (2.78%)	332 (12.7%
Very much	5 (4.63%)	225 (8.63%
Missing	19 (17.6%)	549 (21.1%
Patients who are tired:		
Not at all	19 (17.6%)	537 (20.6%
A little	36 (33.3%)	669 (25.7%
Quite a bit	12 (11.1%)	500 (19.2%
Very much	21 (19.4%)	326 (12.5%
Missing	19 (17.6%)	549 (21.1%
activities:		
activities: Not at all	33 (30.6%)	
activities: Not at all A little	18 (16.7%)	483 (18.5%
activities: Not at all A little Quite a bit	18 (16.7%) 13 (12.0%)	483 (18.5% 346 (13.3%
Patients whose pain interferes with their daily activities: Not at all A little Quite a bit Very much Missing	18 (16.7%)	881 (33.8% 483 (18.5% 346 (13.3% 301 (11.5% 563 (21.6%



Patients who lack appetite		
Patients who lack appetite: Not at all	27 (21 20/)	007 (22 00/1
A little	37 (34.3%) 17 (15.7%)	882 (33.8%) 502 (10.2%)
Quite a bit	. ,	503 (19.3%)
	13 (12.0%)	341 (13.1%)
Very much	19 (17.6%)	309 (11.9%)
Missing	21 (19.4%)	547 (21.0%)
Reasons for change in appetite/food intake		
Nausea/Vomiting	33 (30.6%)	396 (15.2%)
Inflammation in mouth	6 (5.56%)	111 (4.26%)
Pain	24 (22.2%)	288 (11.0%)
Constipation	14 (13.0%)	167 (6.41%)
Diarrhea	9 (8.33%)	
	17 (15.7%)	107 (4.10%)
Change in taste/smell		318 (12.2%)
Early satiation/Loss of appetite	26 (24.1%)	520 (19.9%)
Other Masing	16 (14.8%)	340 (13.0%)
Missing	1 (0.93%)	86 (3.30%)
Maximum activity performed by patients		
Able to do sports	-	56 (2.15%)
Fully active	11 (10.2%)	316 (12.1%)
Able to carry out light activities	21 (19.4%)	501 (19.2%)
Able to carry out self-care	21 (19.4%)	497 (19.1%)
Able to carry out limited self-care	19 (17.6%)	361 (13.8%)
Confined to bed or chair	15 (13.9%)	312 (12.0%)
Missing	21 (19.4%)	550 (21.1%)
Patient takes additional (without prescription)		
Nothing	12 (20 00/)	140((E 4 - 70))
NUTITIO	43 (37.070)	1420 (54.7%)
8	43 (39.8%) 3 (2.78%)	1426 (54.7%) 198 (7.59%)
Herbal tea	3 (2.78%)	198 (7.59%)
Herbal tea Nutritional supplements	3 (2.78%) 18 (16.7%)	198 (7.59%) 199 (7.63%)
Herbal tea Nutritional supplements Multivitamin	3 (2.78%) 18 (16.7%) 18 (16.7%)	198 (7.59%) 199 (7.63%) 80 (3.07%)
Herbal tea Nutritional supplements Multivitamin Other medication	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%)
Herbal tea Nutritional supplements Multivitamin Other medication Other	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%)
Herbal tea Nutritional supplements Multivitamin Other medication	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed Nothing	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed Nothing Psychotherapy	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%) 70 (2.69%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed Nothing Psychotherapy Yoga	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%) 65 (60.2%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%) 70 (2.69%) 24 (0.92%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed Nothing Psychotherapy Yoga Meditation	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%) 70 (2.69%) 24 (0.92%) 82 (3.15%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed Nothing Psychotherapy Yoga Meditation Progressive muscle relaxation	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%) 65 (60.2%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%) 70 (2.69%) 24 (0.92%) 82 (3.15%) 49 (1.88%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed Nothing Psychotherapy Yoga Meditation Progressive muscle relaxation Qigong	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%) 65 (60.2%) - 9 (8.33%) -	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%) 70 (2.69%) 24 (0.92%) 82 (3.15%) 49 (1.88%) 3 (0.12%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed Nothing Psychotherapy Yoga Meditation Progressive muscle relaxation Qigong Other	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%) 65 (60.2%) - - 9 (8.33%) - 13 (12.0%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%) 70 (2.69%) 24 (0.92%) 82 (3.15%) 49 (1.88%) 3 (0.12%) 225 (8.63%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed Nothing Psychotherapy Yoga Meditation Progressive muscle relaxation Qigong	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%) 65 (60.2%) - 9 (8.33%) -	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%) 70 (2.69%) 24 (0.92%) 82 (3.15%) 49 (1.88%) 3 (0.12%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed Nothing Psychotherapy Yoga Meditation Progressive muscle relaxation Qigong Other Missing	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%) 65 (60.2%) - - 9 (8.33%) - 13 (12.0%) 23 (21.3%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%) 70 (2.69%) 24 (0.92%) 82 (3.15%) 49 (1.88%) 3 (0.12%) 225 (8.63%) 713 (27.3%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed Nothing Psychotherapy Yoga Meditation Progressive muscle relaxation Qigong Other	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%) 65 (60.2%) - - 9 (8.33%) - 13 (12.0%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%) 70 (2.69%) 24 (0.92%) 82 (3.15%) 49 (1.88%) 3 (0.12%) 225 (8.63%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed Nothing Psychotherapy Yoga Meditation Progressive muscle relaxation Qigong Other Missing Patients having difficulties in complying with treatment	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%) 65 (60.2%) - 9 (8.33%) - 13 (12.0%) 23 (21.3%) 15 (13.9%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%) 70 (2.69%) 24 (0.92%) 82 (3.15%) 49 (1.88%) 3 (0.12%) 225 (8.63%) 713 (27.3%) 545 (20.9%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed Nothing Psychotherapy Yoga Meditation Progressive muscle relaxation Qigong Other Missing Patients having difficulties in complying with	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%) 65 (60.2%) - - 9 (8.33%) - 13 (12.0%) 23 (21.3%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%) 70 (2.69%) 24 (0.92%) 82 (3.15%) 49 (1.88%) 3 (0.12%) 225 (8.63%) 713 (27.3%)
Herbal teaNutritional supplementsMultivitaminOther medicationOtherMissingAdditional activities performedNothingPsychotherapyYogaMeditationProgressive muscle relaxationQigongOtherMissingPatients having difficulties in complying with treatmentPatients needing help to complete questionnairePatients believing that including nutrition in their	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%) 65 (60.2%) - 9 (8.33%) - 13 (12.0%) 23 (21.3%) 15 (13.9%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%) 70 (2.69%) 24 (0.92%) 82 (3.15%) 49 (1.88%) 3 (0.12%) 225 (8.63%) 713 (27.3%) 545 (20.9%)
Herbal tea Nutritional supplements Multivitamin Other medication Other Missing Additional activities performed Nothing Psychotherapy Yoga Meditation Progressive muscle relaxation Qigong Other Missing Patients having difficulties in complying with treatment Patients needing help to complete questionnaire	3 (2.78%) 18 (16.7%) 18 (16.7%) 3 (2.78%) 11 (10.2%) 21 (19.4%) 65 (60.2%) - 9 (8.33%) - 13 (12.0%) 23 (21.3%) 15 (13.9%) 80 (74.1%)	198 (7.59%) 199 (7.63%) 80 (3.07%) 85 (3.26%) 112 (4.30%) 612 (23.5%) 1475 (56.6%) 70 (2.69%) 24 (0.92%) 82 (3.15%) 49 (1.88%) 3 (0.12%) 225 (8.63%) 713 (27.3%) 545 (20.9%) 1332 (51.1%)

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