



# Stanford Symposium 2024

Cancer journey

Balancing nutrition

Swallowing challenges

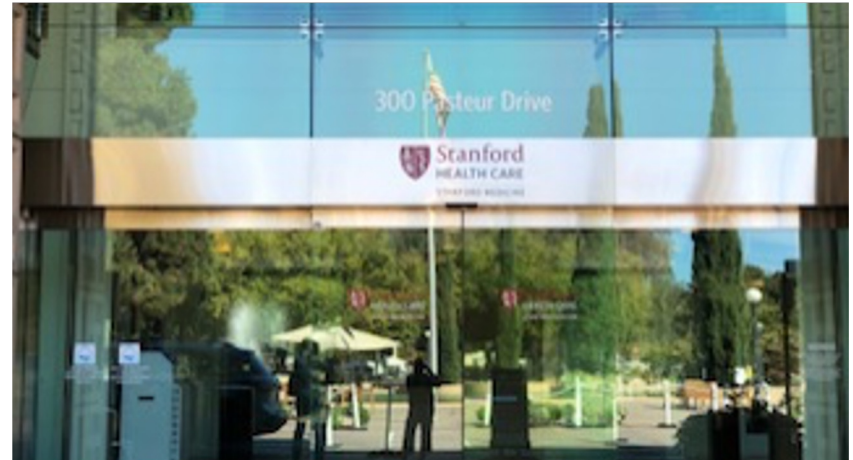


-Piece of bread caused coughing;  
acid reflux?

-1 wk later, blood

-Tumor found July;  
cancer!

-How to approach





**Going in strong  
worked for me**



-Before/After

-Surgery Sep 2018

-Feeding tube food  
plus bone broth  
from home



Monday  
Egg broccoli Bake  
Pancake

Lunch  
Tuna fish

Dinner  
Chicken stew w/  
gnocchi

Shopping  
Celine  
Chicken Thigh  
Apples  
cham maybe pecan?

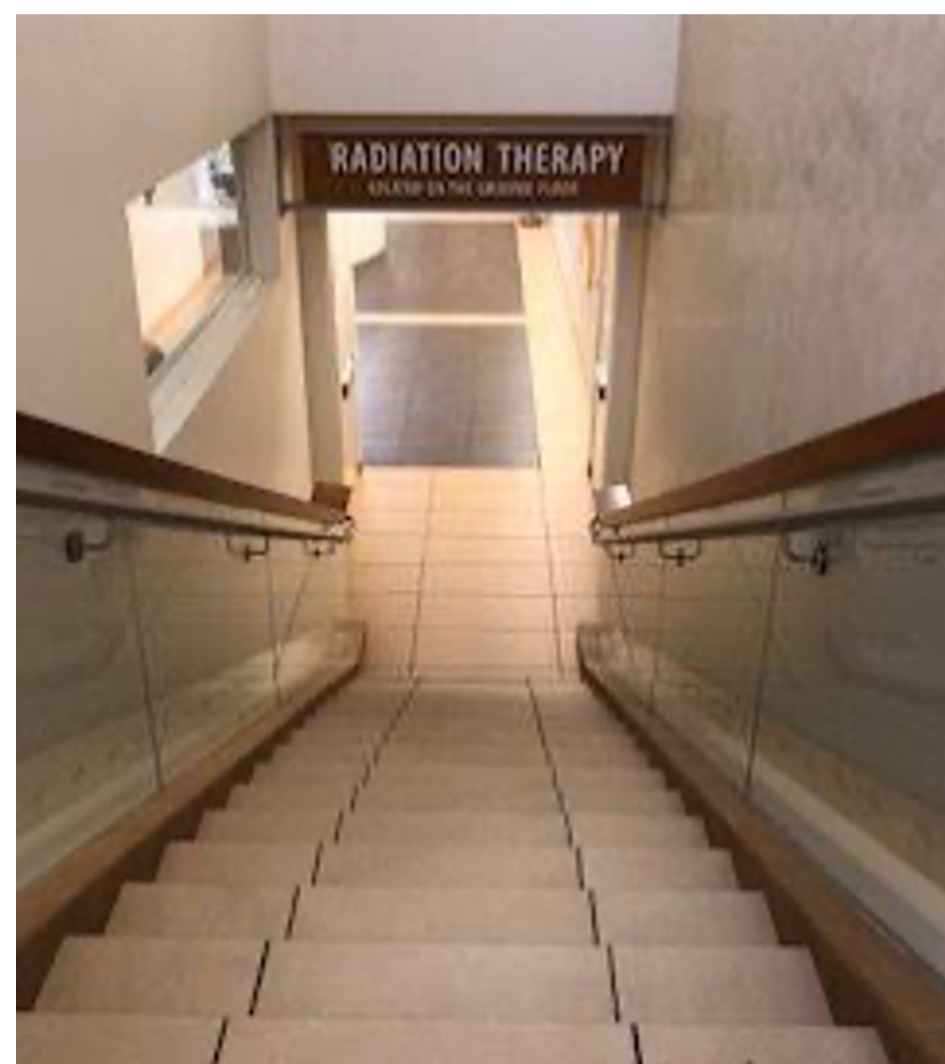
	Oxy	Tylenol	Gabi
12:30	2	2	—
6:30	2	1?	Sam 1
11:00	2	2	—
3:00	2		1
7:30	2	2	1
	10	6	3



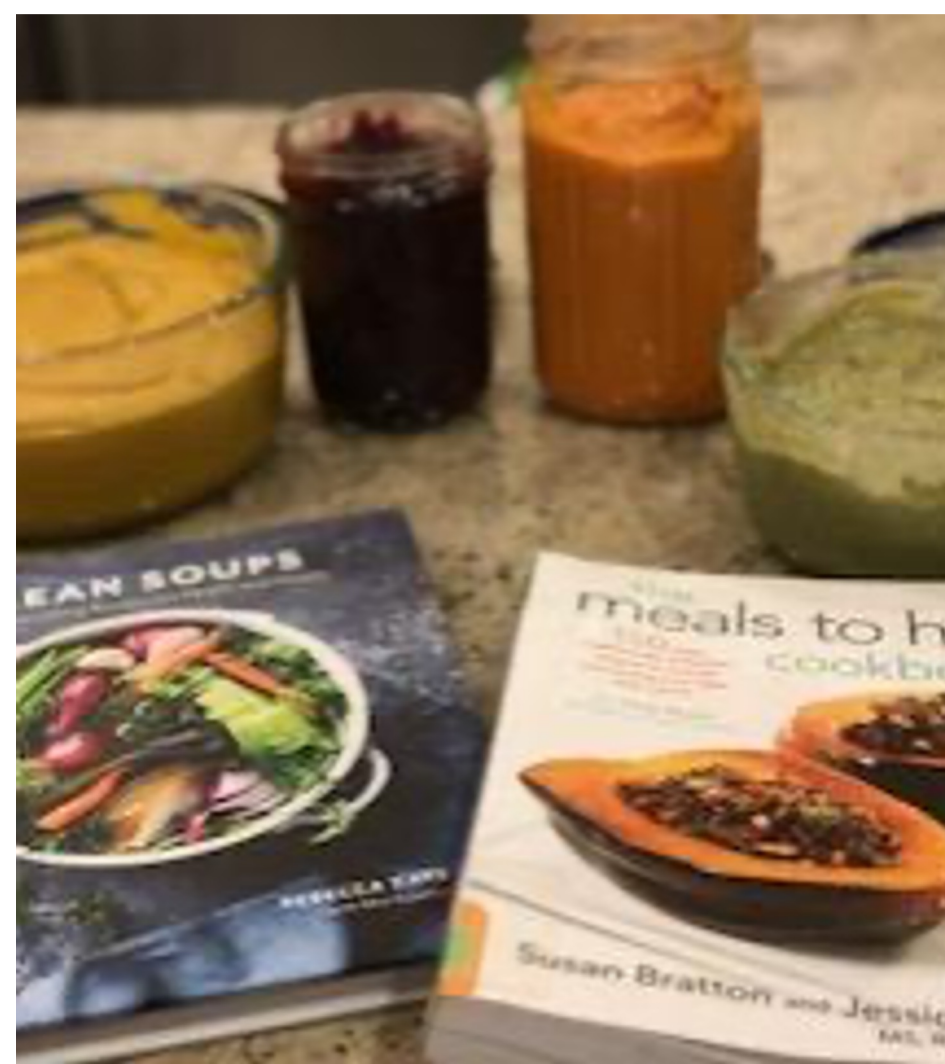


Pre-radiation: things  
were improving











- Add calories
- Nutrient dense
- Theme=Gravy
- Long game; be patient







Things I never thought I could have or enjoy again:

- Popcorn
- Ice cream
- Wine/alcohol
- Fresh fruit
- Sushi
- Anything spicy
- Carbonated drinks

**It's ok...I'm still standing!**