

Abstract

This thesis focused on the nutrition of patients with pancreatic cancer and examines how their eating habits affect their health and quality of life. The aim is to analyze the dietary intake of these patients and determinate their nutritional needs.

The theoretical part of the thesis describes information about pancreatic cancer, its impact on food intake, and the specific dietary requirements of these patients. Attention is also given to the role of dietitian in the care of patients with pancreatic cancer.

The practical part includes an analysis of a three-day food diary of the patients. These records are compared and evaluated in terms of nutritional values and the patient's daily energy requirements. Emphasis is placed primarily on protein intake, which is very important for patients. In addition to the food diary, the practical part includes a questionnaire concerning gastrointestinal problems, the use of oral nutritional supplements, and cooperation with a nutritional therapist.

The results show that most patients have difficulties meeting their daily energy requirements and often suffer from various gastrointestinal problems. Cooperation with a dietitian proves to be key in improving their nutritional status and overall quality of life.

The thesis provides practical recommendations and emphasizes the importance of an individualized approach to the nutrition of patients with disease, including regular consultations with dietitians and tailoring the diet to the specific needs and health condition of the patient.

key words: nutrition, pancreatic cancer, eating habits, quality of life, dietitian, gastrointestinal problems, protein intake, energy requirements, oral nutritional supplements, individualized approach