

Nutritional Management in cGvHD



- 1. Which of the following dietary habits can help manage GI cGvHD symptoms?**
 - a) Eating small, frequent meals
 - b) Consuming only processed foods
 - c) Avoiding all sources of protein
 - d) Eliminating all carbohydrates
- 2. Which nutrient is particularly important for maintaining muscle mass in cGvHD patients?**
 - a) Vitamin C
 - b) Protein
 - c) Iron
 - d) Calcium
- 3. Which symptom of cGvHD can affect a patient's ability to eat?**
 - a) Dry mouth (xerostomia)
 - b) Hair thinning
 - c) Increased appetite
 - d) Frequent sneezing
- 4. Which vitamin is crucial for bone health in cGvHD patients, especially those on corticosteroids?**
 - a) Vitamin D
 - b) Vitamin A
 - c) Vitamin K
 - d) Vitamin C
- 5. Which nutritional deficiency is most commonly associated with oral and gastrointestinal cGvHD?**
 - a) Iron deficiency
 - b) Excess sodium
 - c) High cholesterol
 - d) Potassium overload

Answer Key

- 1. a - Explanation:** Small, frequent meals help maintain energy levels and prevent gastrointestinal discomfort in cGvHD patients.
- 2. b - Explanation:** Protein intake is essential to prevent muscle wasting, which can occur due to chronic inflammation and steroid use in cGvHD.
- 3. a - Explanation:** Dry mouth can make swallowing difficult, impacting food intake and overall nutrition.
- 4. a - Explanation:** Corticosteroid use in cGvHD can lead to bone loss, making vitamin D essential for maintaining bone health.
- 5. a - Explanation:** Chronic inflammation and gastrointestinal involvement can lead to iron deficiency, increasing the risk of anemia in cGvHD patients.