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1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

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THE UNIVERSITY OF CHICAGO

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1. The following information is for informational purposes only and is not intended to be used as a substitute for medical advice from your healthcare provider.

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About [Hypoglycemia \(Low Blood Sugar\)](https://sandbox18.mskcc.org/cancer-care/patient-education/about-hypoglycemia-low-blood-sugar) (<https://sandbox18.mskcc.org/cancer-care/patient-education/about-hypoglycemia-low-blood-sugar>)

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1. The first line of the document is a header consisting of a series of black squares.

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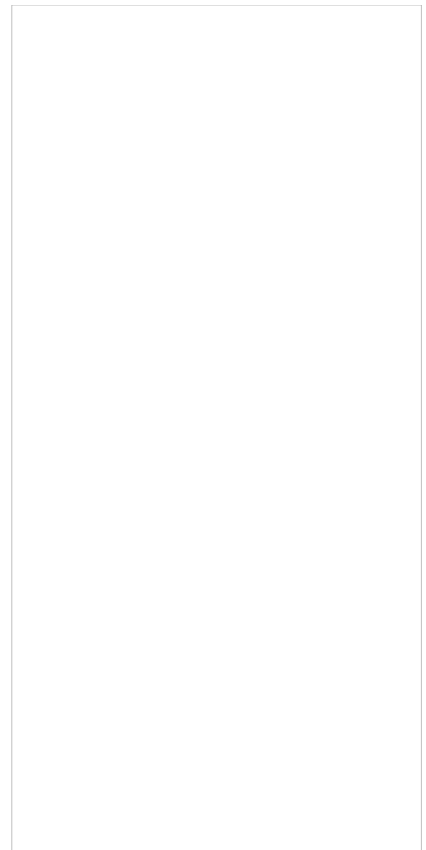
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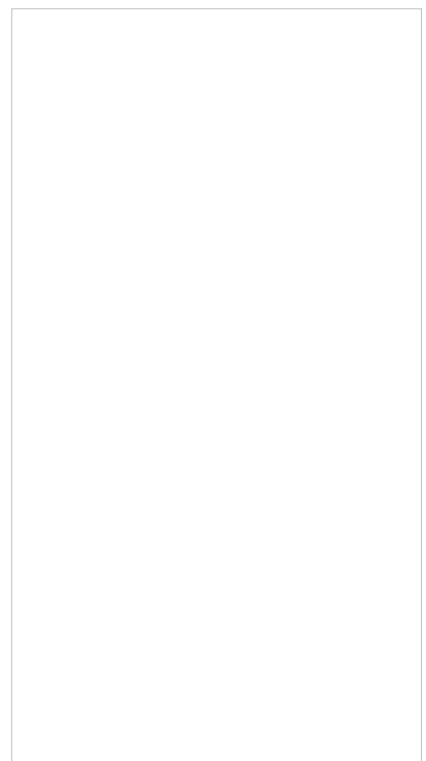
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Diagram illustrating the relative lengths of four horizontal bars, each labeled with a fraction or integer:

- Top bar: Labeled $\frac{3}{4}$. It is the longest bar.
- Second bar: Labeled $\frac{1}{2}$. It is shorter than the top bar.
- Third bar: Labeled 3 . It is shorter than the second bar.
- Bottom bar: Labeled with a blank space. It is the shortest bar.



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■ ■ ■ ■ ■ ■ ■ ■
Cheerios ■ ■ ■ ■ ■ ■ ■ ■



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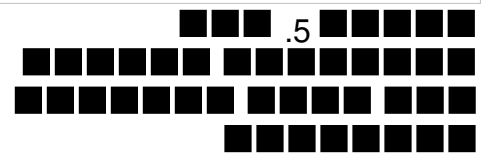
■■■■ Cheerios: 29 ■■■■ ■■ ■■■■■■■■ ■■■■■■■■■■
 ■■■■ 12 :%1 ■■■■■■ ■■■■ ■■■■■■■■ ■■■■■■■■ ■■■■■■■■■■
 ■■■■ 41 = ■■■■ 12 + ■■■■ 29

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When you have chemotherapy, you may experience changes in your taste. These changes can make it difficult to eat and enjoy your food. There are several things you can do to help manage these changes and ensure you are getting the nutrition you need.

- Eat small, frequent meals throughout the day instead of three large meals.
- Try different foods and recipes to find what you like best.
- Use herbs and spices to add flavor to your food.
- Avoid strong flavors like garlic, onion, and spicy foods.
- Try eating foods that are cold or at room temperature, as they may have less of a strong smell.
- Drink plenty of fluids, but avoid sugary drinks and alcohol.
- Consider using a straw for drinks to bypass your taste buds.
- Ask your healthcare provider about taste changes and how to manage them.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

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For more information, visit www.mskcc.org/patient-education/managing-taste-changes-during-chemotherapy.

