


Low white blood cell count range

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Web site of the American Cancer Society. Infections in people with cancer: because people with cancer are more likely to get infections. www.cancer.org/trattamento/trattamenti-e-effetto side effect/physical-side-infections/infections-in-people-with-cancer.html Updated March 13, 2020. Accessed July 30, 2021. Centers for Disease Control and Prevention website. Preventing Infections in Cancer Patients. www.cdc.gov/cancer/preventinfections/index.htm. Updated November 10, 2020. Accessed July 30, 2021. Freifeld AG, Kaul DR. Infection in the patient with cancer. In: Niederhuber JE, Armitage JO, Kastan MB, Doroshow JH, Tepper JE, eds, Abeloff's clinical oncology. Philadelphia, PA: Elsevier; 2020:Chapter 34. Cancer and its treatment weaken your child's immune system by affecting the white blood cells that protect us from diseases and germs. As a result, your child's body cannot fight infection, foreign substances, and disease, just as the body of a healthy person can. Nutrition Tips for Children with Weak Immune Systems During treating your child's cancer, there may be times when the body's natural defences will not be able to protect it. While his immune system is recovering, you may be told to try to avoid exposing him to possible germs that cause infections. For example, you may need to avoid certain foods that are likely to have high levels of bacteria. The following recommendations have been developed for patients with reduced immune function caused by chemotherapy and radiation therapy. It is important to know that avoiding or eating certain types of foods will not help increase white blood cell counts. You want to let your child choose healthy foods, but avoid giving your baby foods that are more likely to contain germs that could cause infection due to low white blood cell counts. Your child may not need to follow these recommendations during their cancer treatment, or may just need to use them at certain times. Talk to your doctor or nurse about these tips and if and when your child should follow them. Recommendations for when your child's white blood cell count is low+ Recommended Avoid (do not allow your child to eat these) Meat, poultry, fish, tofu and nuts Make sure all meat, poultry and fish are cooked thoroughly. Use a food thermometer to make sure the meat and poultry reach the correct temperature when cooked. When using tofu from the refrigerated section (not shelf-stable), cut it into 1 inch cubes or smaller and boil 5 minutes in water or broth before eating or use in recipes. This is not necessary if you use aseptically packaged, shelf-stable tofu. Vacuum nuts and of walnuts from shelf Raw or slightly cooked fish, molluscs, lox, sushi or sashimi Eggs Cook eggs until the yolks and whites are solid, not runny. Pasteurized eggs or custard eggs Pasteurized raw eggs or cooked soft - this includes over-easy, poached, soft-boiled, and sunny side on Cibi that can contain raw eggs, such as Caesar Caesar saladhomemade eggnog, smoothies, raw biscuits pasta, Dutch and mayonnaise sauce made in home milk and dairy products only pasteurized milk, yogurt, cheese or other dairy products soft cheese, seasoned or with grassy paste, including bries, camembert, roquefort, stilton, gorgonzola and erborinati mex bread, cereals, rice and pasta, bread, donuts, muffins, sandwiches, cereals, crackers, noodles, pasta, potatoes and rice are healthy provided they are purchased packaged and prepacked, not sold in self-service bins. sources of cereals, cereals and other fruit and vegetable foods raw vegetables, fruit and fresh herbs are safe to eat if washed thoroughly under the current water and cleaned slightly with a vegetable brush. fresh sauces and salad dressings found in the refrigerated section of the grocery store « choose sauce and stable shelf dressings any raw vegetable sprout (including medical herb, radish, broccoli or mung bean sprouts) sweets and sweet fruit cakes, cakes and cookies; Flavored gelatin; commercial ice creams, sorbets and ice creams; sugar; commercially prepared and pasteurized jams, gelatine and preserves; syrup; and molasses are harmless to eat. products from non-refrigerated pastries and filled with raw honey cream or honeycomb «School a commercial honey, of quality a, heat treated water and drinks only used water of communal water services or in commercial bottle. pasteurized fruit and vegetable juices, soda, coffee and water tea directly from lakes, rivers, streams or well water sources unless you occur with your doctor on fruit juices and vegetables not pasteurized sun tea « prepare tea with boiling water and use commercially prepared tea bags with vitamins or herbs (which provide few health benefits.) + adapted by grant bl, bloch as, hamilton kson. american cancer society guides the nutrition for cancer survivors, 2nd edition. atlanta, ga: american cancer society; 2010. You also talk to the doctor or nurse if the child has to eat in restaurants. It is difficult to know how safe food is when you eat out because employees can handle food when they are sick and also food preservation could be a problem. when the child's immune system is weak, pay special attention when buying food, prepare meals and eat out. follow the guidelines on food safety reduces the risk that the child takes germs that could multiply and cause serious infections when its immune system is weak. tips for handling food wash your hands with warm water and soap for 20 seconds before and after preparation of food and before eating. towel with absorbent paper or a clean towel (used only to dry clean hands) make washhands to your child before eating. To make sure your hand washing lasts as long as 20 seconds, you can sing the alphabet song with her before you rinse. Refrigeration Refrigeration a or under the 40 ° f. keep the food warm (hot 140° f) and cold of cold food (more cold than 40° f.) laying meat, fish or poultry in the microwave or refrigerator in a dish to catch drops. do not thaw at room temperature. use the deflected foods immediately and do not freeze them. put food available in the refrigerator within 2 hours of purchase or preparation. egg dishes and foods based on mayonnaise and cream should not be left uncooled for more than an hour. wash fruits and vegetables well under running water before peeling or cutting. do not use soaps, detergents, chlorine bleach solutions, or rinses of commercial products. oando una scrubber vegetable clean, washing products that has a thick skin, rough or rinse (melons, potatoes, bananas, etc.) or any product that has dirt on it. rinse leaves of leafy vegetables one at a time under running water. packed salads, slaw mixtures and other prepared products, even if marked pre-washed, must be rinsed under running water; use a dove to make this easier. do not give your child raw vegetable sprouts. throw fruits and vegetables that are thin or show the mold. do not give your baby products that has been cut to the supermarket (such as melon, pineapple, or cabbage.) wash the tops of the canned foods with soap and water before opening. use different tools to mix foods and swallow them while cooking. do not savor food (or allow others to taste it) with any tool that will be put back in food. throw eggs with creed geese. toss the foods that seem or have a strange smell. not food and cross-contact surfaces use a clean knife to cut different foods. in the refrigerator, keep the raw meat sealed and away from food ready to eat. keep separate foods on countertops. use a different cutter for raw meat, and clean in the dishwasher (or as indicated below) after each use. clean and sharp tables with hot water and soap, or you can use a fresh solution in 1 part of bleach and 10 parts of water. Wet disinfecting wipers can be used if they can be used around food. when grilling, always use a clean plate for cooked meat. cook food well put a thermometer based on meat in the middle of the thickest part of food to test to make. test the accuracy of a thermometer by putting it in boiling water. should read 212° f. cook the meat until it is pinker and the juices work clear. the only way to know that meat was cooked at the right temperature is to use a food thermometer. meat must be cooked at 160° f and poultry at 180° f. even if they are already cooked, heat all hot dogs, lunch meat, meats and meatsDel-type meats up to steam (165Â°F) before the baby eats them. Do not give the child raw, lightly cooked or boiled eggs. Don't let your child eat uncooked foods made with raw eggs or undercooked eggs, such as raw cookie paste, pie batter, or salad dressings that contain raw or coddled eggs. Pasteurised eggs or liquid liquids egg products can be used in recipes for foods that will not be cooked and require raw eggs. Microwave Cooking Turn the dish a quarter of a turn once or twice during cooking if there is no turntable in the microwave. This helps prevent cold spots in the food where bacteria can survive. Use a lid or a plastic envelope to heat the leftovers completely. Mix often during heating. Water from the home tap is generally safe if it comes from a municipal water network or a municipal well that serves a highly populated area. Water is not safe for a child with a weak immune system to drink unless it is tested daily and found safe. If your water is not from a city water or municipal well, your child should use boiled water, distilled, or bottled drink, such as ice, and to wash teeth. (Take tap water to a rolling boil for a whole minute.) Most water filters will not make water safe if water supply has not been chlorinated. Shopping Grocery Check the dates "sold" and "use from". Choose only the freshest products. Check the packaging date on fresh meat, poultry and seafood. Do not purchase products that are out of date. Do not use damaged cans, swollen, rusty or deeply bruised. Make sure the packaged and packaged foods are completely sealed. Choose fruit and vegetables without stain. Don't give your baby food. In the bakery, avoid unfried pastries and pastries with cream or custard. Do not give your children's food by self-serve or bulk containers. Do not buy products for yogurt and ice cream from soft-serve machines. Don't let the baby eat food samples for free. Do not use uncoated or unfried eggs. Pick up your frozen and refrigerated food just before check-out at the supermarket, especially during the summer months. Refrigerate your shopping now. Never leave food in a hot car. Eat early to avoid the crowd. Ask for the food to be prepared fresh in fast food restaurants. Ask for mono-serving condiment packages (mustard, ketchup) and avoid containers of auto-serve bulk condiment. Do not allow your child to eat food from high risk food sources, including salad bars, specialties, buffet and smorgasbord, pots and sidewalk sellers. Do not let your child eat raw fruits and vegetables when eating out. Ask if fruit juices are pasteurized. Do not let your child drink "fresh-squeezed" juices in restaurants. Make sure that the child's tools are set on a clean napkin or placemat, rather than right on the table. Ask for a container and put food inside you ratherhave the server take food in the kitchen to do so, if you want to keep the leftovers. Take them home and fridge quickly. Hurry. Hurry.

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