



Changemakers: Survivorship and Nutrition

Cancer survivorship begins at diagnosis and looks different for every patient. Beyond treatment, cancer affects all areas of life and often introduces new challenges — including the need for strong nutritional support.

At The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute (OSUCCC – James), survivors and their caregivers have access to comprehensive support. Multidisciplinary teams work together to address physical, emotional, mental, spiritual and financial needs throughout the survivorship journey.

Visit the [OSUCCC – James website](#) to learn how Ohio State supports patients navigating life with cancer.



JamesCare for Life

JamesCare for Life provides education, resources and programs that empower survivors and caregivers. Offerings range from financial guidance and grief support to exercise, fertility preservation and more.

Nutrition-focused programs are among the most popular, delivering evidence-based guidance to support healthy living and overall well-being during and after treatment.

Visit the [JamesCare for Life webpage](#) or listen to [Episode 165 of the James Cancer-Free World Podcast](#) to learn more about the resources and programs available to survivors and their caregivers.



CHANGE/MAKERS



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER



Garden of Hope

The Garden of Hope, a JamesCare for Life program, is a “Food Is Medicine” initiative grounded in the benefits of a plant-rich diet for recovery and long-term health.

Many survivors face barriers to healthy eating, including limited knowledge, conflicting information and time constraints. This two-acre garden helps address those challenges by providing free, fresh produce alongside education from board-certified oncology dietitians.

Participants harvest fruits and vegetables while learning through cooking demonstrations, recipes, food safety guidance and practical nutrition tips. Dietitians help translate research into sustainable habits that support quality of life.

Beyond nutrition, participants report a sense of community and tranquility. Gardening alongside fellow survivors and caregivers provides meaningful connection and peer support during what can be an isolating journey. Time spent in the garden also offers a natural opportunity for stress relief and gentle physical activity, without the structure or pressure of a formal exercise setting

Learn more about the important work being done at the Garden of Hope of the [Health & Discovery website](#).

Additional information about the programs and resources offered through the Garden of Hope can be found on the [OSUCCCC – James website](#).

While there is no one-size-fits-all approach to healthy eating, there are many ways to incorporate nutritious options into your diet and make meals even healthier.

Check out [Episode 170 of the James Cancer-Free World Podcast](#) to learn more about how diet impacts the risk of cancer.

Visit the [OSUCCCC – James Blog](#) to learn more about how to add variety to a healthy diet.

Managing Life with Cancer

A cancer diagnosis affects both patients and their loved ones. Survivorship care is a critical part of the cancer experience, supporting physical, emotional and practical needs.

The Cancer Supportive Care Clinic connects survivors with experts who provide personalized guidance to improve quality of life and long-term outcomes. Services include:

- Individualized discussions of physical, emotional and practical concerns
- Guidance on nutrition, exercise, tobacco cessation and well-being
- Referrals to services such as counseling, oncology rehabilitation and symptom management

After treatment, survivors receive a Treatment Summary and Survivorship Care Plan outlining care history, potential side effects, follow-up schedules and screening recommendations.

Visit the [OSUCCCC – James website](#) to learn more about the resources offered through the Cancer Supportive Care Clinic.