

Abstract

The Bachelor thesis deals with the lifestyle of adolescent patients before and after cancer treatment. Moreover, the thesis examines the influence of this disease on the lifestyle of their siblings.

The thesis is divided into two parts. The first part is more extensive, there are presented the results of theoretical knowledge about nutrition of oncological adolescents after the termination of cancer treatment. These general principles can be used as a prevention of cancer disease. This section also contains the characteristics of adolescence and the issues of cancer disease with children and adolescents.

The research summarizes the results obtained from the survey. To determine the changes in eating habits among adolescent cancer patients and their siblings, the quantitative method was used. For the processing, it has been used 20 questionnaires from adolescents and 20 questionnaires from their siblings; all of them were completely filled. The questionnaire designated for patients includes the questions concerning diet, drinking regime, physical activity before and after the treatment, awareness of oncological adolescents and their sources of knowledge. The questionnaire for siblings includes the questions about lifestyle change after their sibling's illness. The aim of this research part was to discover how adolescents eat after the termination of their treatment, whether they have enough information concerning the necessity in changing their eating habits after the termination of oncological treatment and whether the cancer has changed the lifestyle of their healthy siblings, in order to be the most favourable.

In the research part, there was discovered that adolescents changed their eating habits after the termination of oncological treatment, even when they mention that they did not have an interest in lifestyle before their illness. Otherwise, the majority of siblings were not influenced by the disease; they did not change their lifestyle. Adolescents reported that they did not need any information concerning the change of eating habits, despite the fact that this information had never been communicated to them.

In conclusion, I suggest extending the education and educational materials on adolescents' nutrition after the termination of cancer treatment in medical facilities, as most of the respondents indicated that they were not sufficiently educated.

Keywords: oncology, adolescent, lifestyle, nutrition, physical activity