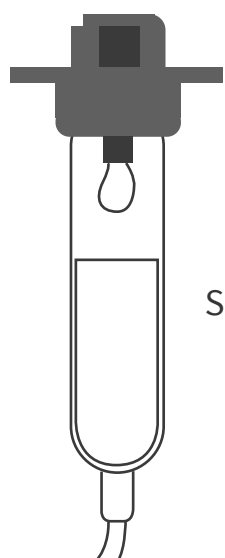


# SIDE EFFECTS

patient with chemotherapy



Side effects occur because the treatment destroys both the cancer cells and healthy cells in our body. However, healthy cells are able to recover afterwards and these effects disappear.

## Most common side effects:

1. Nausea and vomiting.
2. Hair loss.
3. Tiredness
4. Diarrhea.
5. Anemia: decrease in red blood cells.
6. Neutropenia: decreased defenses.
7. Thrombocytopenia: decreased platelets.



## HAIR LOSS

In some cases, hair loss is imminent. In others, only slight loss of volume is experienced. However, it will grow back once the treatment is finished, although it may be present changes.

This side effect can occur in various parts of the body such as face, arms, armpits, pubic area and legs.

## Special cares for the hair loss:

- Use a light, mild or soft shampoo.
- Use a soft brush to comb your hair.
- Do not use hair curlers or tubes.
- Don't stain or straighten your hair.
- Use short hair to give volume.
- Use sun block, hat, scarf or a wig to protect the scalp from the sun's rays.
- Shave with electric machine.

## What should I do with nausea and vomiting?

The frequency and intensity of symptoms depend on the medications you are receiving.

Some techniques that help control them are:

- Avoid large meals, if possible, eat several light meals during the day.
- Try to drink fluids one hour before or after the meal.
- Eat and drink liquids slowly.
- Avoid very sweet, fried and fatty foods.
- Consume your food at cold or room temperature so that strong smells doesn't bother you.
- If symptoms occur frequently in the morning, try to eat dry foods such as cereal, toast or crackers (if you feel discomfort or pain in the mouth or throat do not do this).
- After eating, avoid lying down until 2 hours have passed.
- Breathe deeply and slowly when you feel nauseous.
- Take the medication for vomiting as directed by a doctor.



## How long do the side effects last?

Most of these gradually disappear after the treatment ends, because the healthy cells recover quickly.

The recovery time of some side effects and recovery of energy varies from one person to another and depends on many factors, including your state of health, lifestyle and the type of medication you are receiving.

Hours of operation: Monday to Friday 7:00 a.m. - 7:00 p.m.

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