

Tips to Manage Side Effects from Cancer Treatment

Your cancer treatment may cause physical effects and emotional stress. The following are some of the most common side effects that you may experience, and these simple tips below may lessen your discomfort:

Fatigue/Tiredness - Daily lack of energy, or unusual or excessive whole body tiredness not relieved by sleep

- Schedule necessary activities during the times of day when you have the most energy.
- Consider appropriately guided physical exercises such as yoga, Pilates, qigong and tai chi.
- Try techniques such as:
 - Mindfulness based stress reduction
 - Progressive muscle relaxation
- Speak to your healthcare provider about referrals for:
 - Massage
 - Acupuncture
 - Cognitive behavioral therapy
 - Energy therapies
 - Hypnosis
- Let others help you and be easy on yourself.

Nausea - Feeling queasy or sick to your stomach

- Avoid strong smells in the kitchen.
- Ask someone to prepare your food.
- Try consuming cold or room temperature foods.
- Eat a few salty crackers before a meal.
- Try ginger lozenges, chews or tea.

Loose Stools - Stools not holding shape

- Stay hydrated by increasing water intake.
- Eat small and frequent meals.
- To firm up stool include low fiber foods into your meal plan such as:

Bananas	Clear broths
Egg whites	Rice cereal
White rice	White toast
- Broiled or baked skinless chicken or turkey
- Boiled or baked skinless potatoes
- Rice cakes/crackers
- Talk to your healthcare provider about supplementation with probiotics.

Avoid:

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| Alcohol | Carbonated beverages |
| Fruit juices | Caffeine |
| Greasy foods | Sugar free candies |
| Gum | Mints |
- Spicy foods
Drinks with high fructose corn syrup
High fiber foods (whole grain products, milk products, raw fruit and vegetables)



Constipation - Difficulty emptying your bowels, often accompanied by hard stool

- Increase consumption of water.
- Increase consumption of fiber (from fruit, vegetables, beans, nuts and whole grains).
- Increase physical activity as tolerated.
- Try kiwis and stewed prunes to stay regular.
- Avoid cheese and chocolate.
- If taking opioids, discuss potential side effects with your healthcare provider.

Hand-Foot Syndrome

Painful red swelling of the hands and feet, which may progress to dryness, scaling, itching and blisters

- Apply ice packs to palms of hands and soles of feet, but not directly onto skin.
- Submerge hands and feet into cool water.
- Take cool showers.
- Wear loose fitting clothing.
- Use alcohol free emollient creams such as 10% urea cream (Eucerin® UreaRepair Plus Lotion).
- Visit a podiatrist for foot care.

Avoid:

- Hot water
- Sun exposure
- Rubber gloves
- Contact with cleaning products
- Rubbing lotion into the skin
- Tight fitting shoes

Chemotherapy Induced Peripheral Neuropathy (CIPN)

Burning pain, numbness, tingling, less ability to feel hot or cold, foot cramps, arm and leg weakness and fatigue

- Consult a physical/occupational therapist about therapeutic exercises, balance retraining, the use of gait assist devices such as canes, walkers and braces.
- Reduce your fall risk by paying close attention to walking surfaces, wear non-slip shoes, remove area rugs and keep walkways clear of clutter.

Loss of Appetite

- Eat 5 to 6 small meals throughout the day.
- Schedule specific time to eat meals and snacks instead of waiting until you are hungry.
- Drink liquids between meals. Between meal liquids should not be carbonated or sugary since these will decrease appetite.
- Consume smoothies, thick soups or stews and popsicles.
- Cold or frozen foods may taste better.

Anxiety - *An emotion characterized by feelings of tension, worried thoughts, and physical changes.*

- Share your achievements, concerns and knowledge through counseling, support groups or talking with a loved one.
- Try techniques such as: acupuncture, energy therapies, guided imagery, hypnosis, massage, exercise, yoga or tai chi.

Changes in Taste and Smell

- Drink using a straw.
- Use plastic utensils and glass cookware.
- Marinate food.
- Enhance flavor by adding spices or herbs such as basil, oregano or rosemary.

Sore Mouth - *Inflammation or sores of the mucous membrane lining the mouth or throat*

- Cook food until soft and tender.
- Cut food into small pieces or consider using a blender.
- Drink using a straw.
- Suck on ice chips.
- Rinse your mouth with a non-alcohol mouth rinse. See recipe below:

Mouth rinse recipe:

¼ teaspoon baking soda
1/8 teaspoon salt
1 cup warm water

For sore mouth - Avoid:

Alcohol, citrus fruits and juices,
tomatoes and ketchup, raw vegetables,
spicy and salty foods

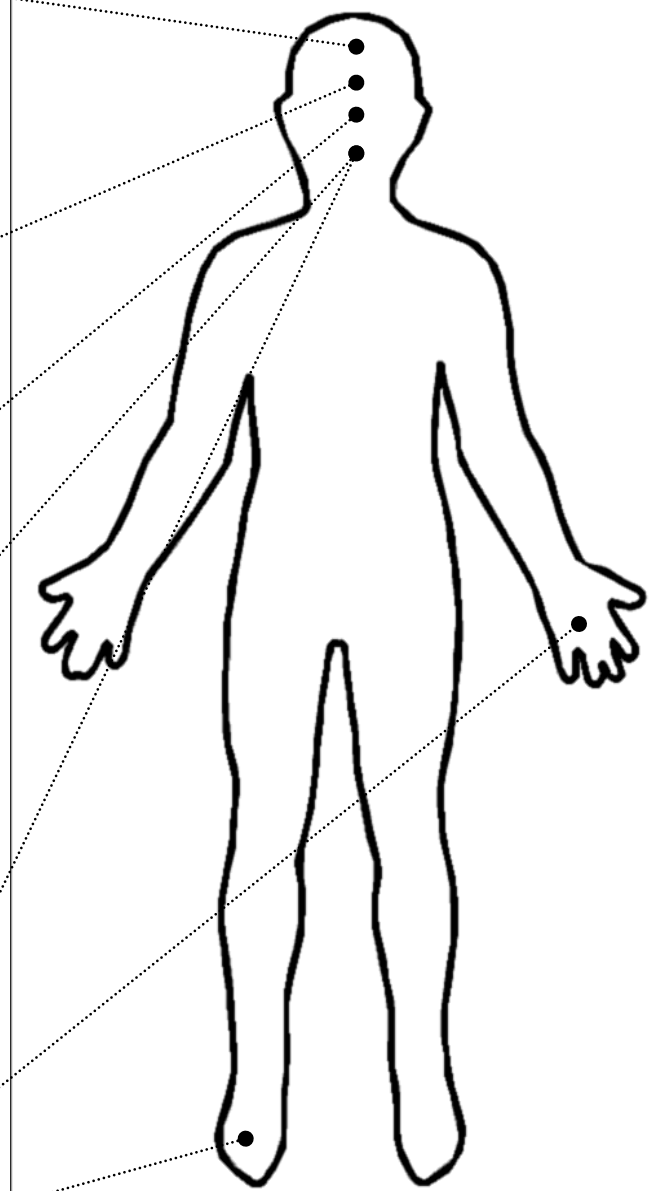
Dysphagia - *Difficulty or discomfort swallowing*

- Cook food until soft and tender.
- Cut food into small pieces or consider using a blender.
- Consume smoothies, soups and stews.
- Drink using a straw.
- Try toasted bread, which may be easier to swallow than untoasted bread.

Chemotherapy Induced Peripheral Neuropathy (CIPN) - *A common painful and debilitating side effect of chemotherapy regimens. Symptoms may include shooting, stabbing and burning pain, tingling sensation, numbness, temperature sensitivity and decrease in grip strength.*

- Inspect hands and feet daily for wounds or blisters.
- Use oven mitts to handle both hot and cold items.
- Ask your healthcare provider about using the capsaicin 8% patch, acupuncture, gentle yoga and/or meditation.
- Engage in physical activity to help reduce the severity of symptoms.
- Maintain a healthy weight.
- Add more fruit and vegetables into your diet.

Avoid: refined sugars, fried foods, sugar sweetened beverages, red and processed meat, margarine and refined grains.



Consult your healthcare provider if you are experiencing any of these physical or emotional effects. This guide is not intended as a substitute for professional medical advice, diagnosis or treatment.

Adapted from Viver Health® and Athenex Oncology patient education document

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.