



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster

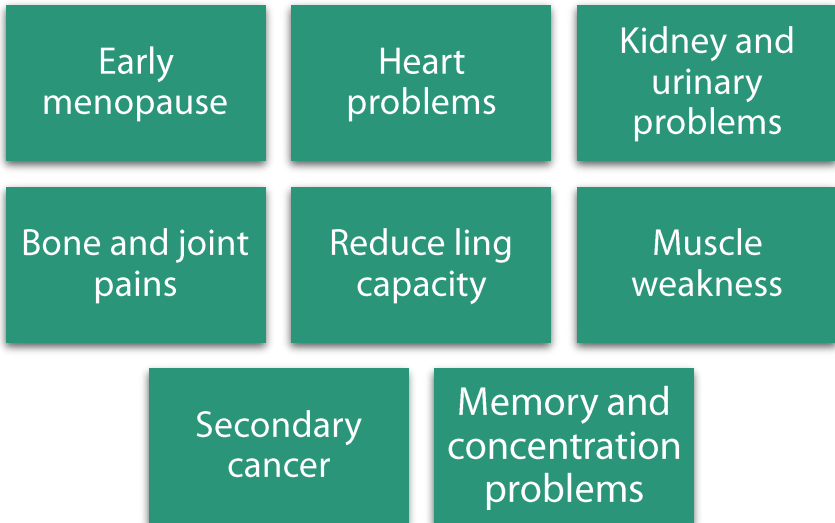


How to Manage Chemotherapy Side Effects?

What is chemotherapy?

Chemotherapy is a type of cancer treatment that uses one or more anti-cancer drugs. It can be used to shrink the tumour before radiation therapy or surgery. It may be given with a curative intent, or it may aim to prolong life or to reduce symptoms.

Chemotherapy Early side effects:



Chemotherapy Late side effects:

Fatigue

Hair loss

Easy bruising

Infection

Diarrhea

Fertility
problems

Appetite and
weight
changes

Mucositis

Constipation

Nausea and
vomiting

Skin and nails
changes

Side effects treatments

Avoid doing tasks or activities that don't feel you up



Do some exercise and take some rest



Increase fluid intake; Drink water, sports drinks or both



Eat as tolerated, but only light bland food



No fried or greasy food



Eat small meals and eat slowly



Try poultry, mild flavored fish or dairy products instead



Try eating with plastic utensils



Eat more vegetables and fruits



Use soft bristle brushes and limit the use of dental floss



keep the mouth and lips moist



Cutting your hair short may make it look thicker and fuller



Wear a hat or scarf



Avoid lying down



Take ginger tea



Take warm bath



Include high protein in your diet



Use daily planner to help to manage and remember appointments, names etc.



Focus on one thing a time



Stay away from direct sunlight and wear long pants, long sleeve shirts



لأن الوعي وقاية ..

إدارة التثقيف الصحي

Outpatient nursing department



@Kfmc_Riyadh



King-fahad-medical-city



KfmcRiyadh



8001277000

HEM1.18.000521

