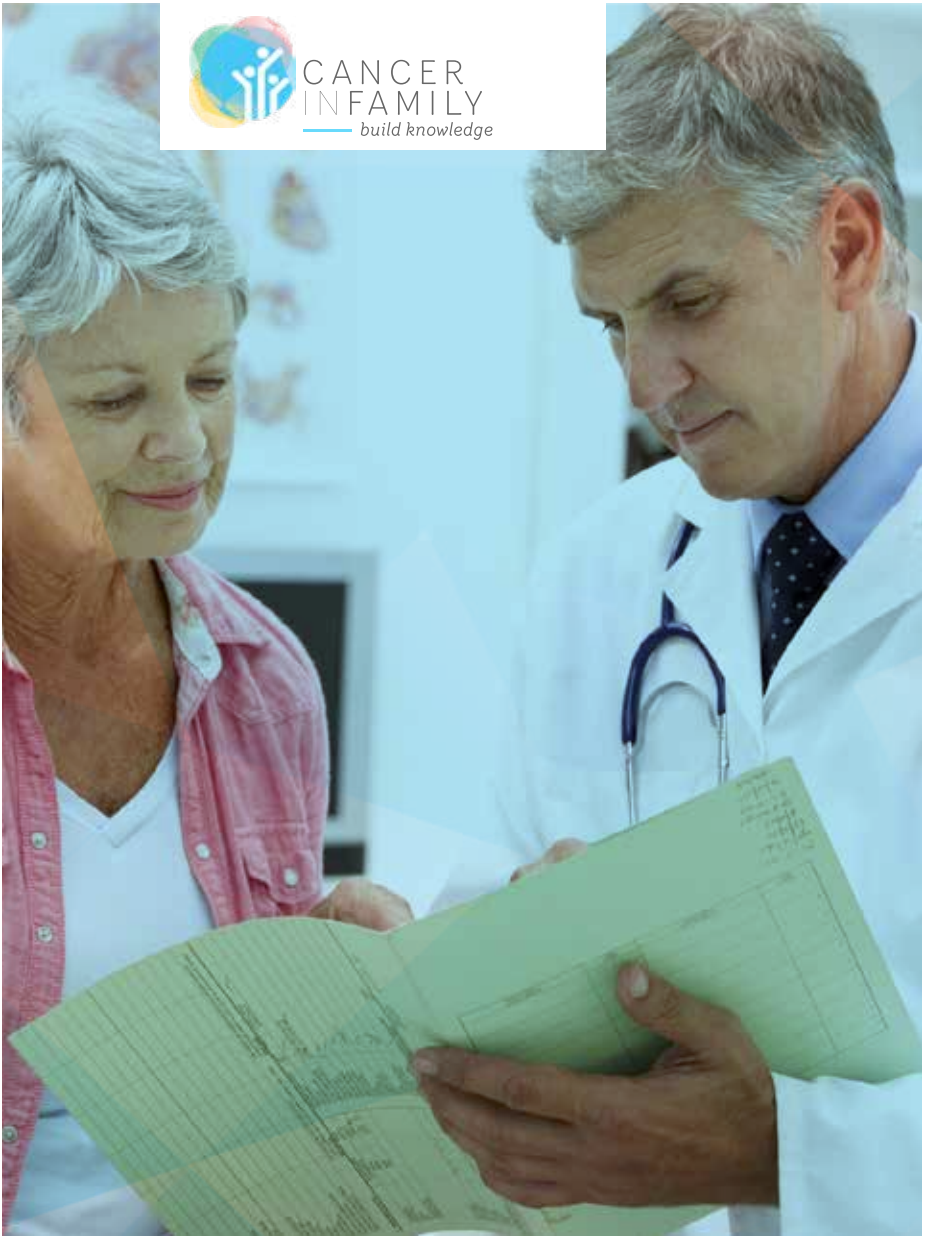


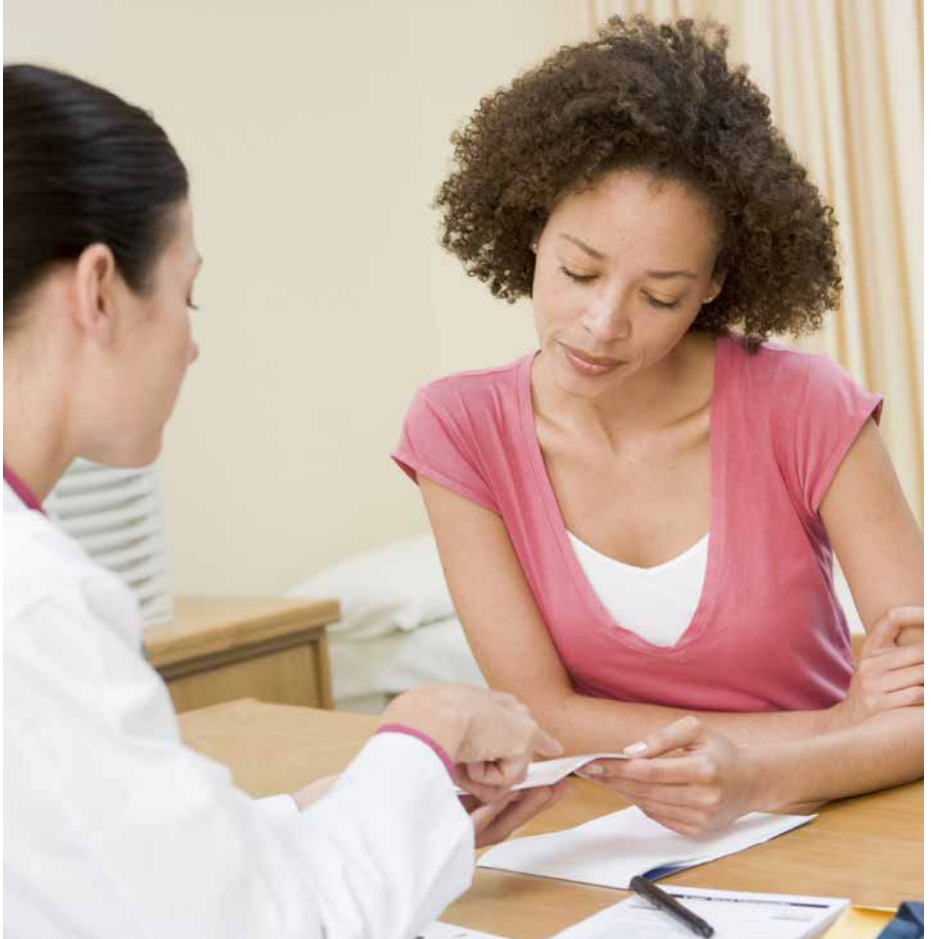


CANCER
INFAMILY
— build knowledge



ALWAYS TALK WITH YOUR DOCTOR

When should you talk to your doctor?



Whenever you start a new treatment, your doctor will explain its most frequent side effects, and how to minimize these symptoms whether using drugs, food or other strategies.

This is a period when you will feel quite aware of your body. You will suffer changes and some physical disturbances, all of which are common and are to be expected.

Learn what symptoms to expect and how to deal with them. Yet, never ignore or take them lightly.

You should call your doctor immediately if you develop:

- × A 100.4 F/38°C (or above) fever especially if this happens after the end of the first or second week of treatment.
- × Intense shivering.
- × Bleeding or bruising without apparent reason.
- × A rash or allergic reaction, such as swelling of the mouth, throat or cervical region (neck area), severe itching, trouble breathing or swallowing. Although allergic reactions are more frequent at the time of the infusion/treatment, they can appear later.
- × Pain or wound on the catheter area or where the chemo was injected.
- × Shortness of breath without other symptoms, or with cough.
- × Diarrhea or persistent vomiting.
- × Feces with blood, or blood in the urine.
- × Chest pain in the region of the heart (left side).
- × An unusual pain, including severe headaches.





PATIENT INFORMATION LEAFLETS ARE NOT MEANT TO REPLACE THE INFORMATION, ADVICE AND SUPPORT PROVIDED BY YOUR DOCTOR

Sources: American Cancer Society, Sloan Kettering Cancer Center, Mayo Clinic and recent research papers / **Scientific Review:** Maria Rita Dionísio, Médica Oncologista, Fundação Champalimaud / **Content:** Susana Lamas, Dr Catarina Amorim / **Project coordination:** Filipe Santos Silva / **Design:** www.estudiorjdesign.com / **Illustrations:** www.zecardoso.com / **Project by:** Public Awareness of Cancer Unit, IPATIMUP October 2018 / **+ info:** www.cancronafamilia.org

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