NERVOUS SYSTEM

 Numbness or tingling of the fingers and toes

HAIR FOLLICLES

• Hair Loss

• Hair loss will occur on the area of skin being treated

LUNGS

 Cough or shortness of breath - radiation affects the ability of the lungs to expand



- Mouth Sores
- Sore throat or difficulty swallowing



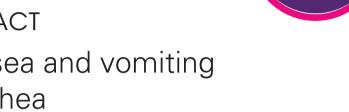
SKIN

- Skin reaction (redness, itching, dryness, rash, nail changes)
- Sun sensitivity
- Skin may feel warm and sensitive, color may change

GASTROINTESTINAL

(GI) TRACT

- Nausea and vomiting
- Diarrhea
- Constipation



OTHER

- Changes in taste
- Loss of appetite and weight loss
- Muscle or joint pain
- Radiation to chest can cause fatigue/ tiredness as the body spends more energy to heal the damage to healthy cells; fatigue may also be caused by other factors such as travel to cancer centre for radiation appointments

Legend: Black font = chemotherapy side-effects Pink font = radiation therapy side-effects

BONE MARROW

(LOW BLOOD CELL COUNT)

- Infections (low white blood cell counts)
- Fatigue/tiredness, dizziness (low red blood cell count). Fatigue can also be caused by toxic substances as the cancer cells breakdown and die.

PAIN AT THE INJECTION SITE

• Pain and tenderness where the needle was placed in your vein to give you the chemotherapy

You may use this chart as a guide for reporting your symptoms.

RECORD & DISCUSS AT NEXT APPOINTMENT	CONTACT NURSE/HCP/ CANCER CENTRE	GO TO EMERGENCY ROOM
Taste changes may occur	Anemia	Allergic reaction
Uncontrolled constipation	Liver problems	Infections
Headache	Kidney problems	Bleeding problems
Easy bruising or minor bleeding	Changes in eyesight	Blood clot
Redness, swelling, pain, or sores	Hearing problems	Heart or lung problems
Nail changes	Skin rash or itching	Uncontrolled nausea, vomiting or diarrhea
Abdominal discomfort	Stomach pain	
Skin irritation		