

# Example Recommendations in Clinical Breast Cancer Trials

## **Adherence to Medication Schedule**

Patients should take prescribed medications at the specified times and dosages to ensure effectiveness and minimize side effects.

## **Regular Monitoring and Checkups**

Routine medical checkups, blood tests, and imaging (e.g., mammograms, MRIs) help assess treatment progress and detect any complications early.

## **Maintaining a Balanced Diet**

A nutrition plan rich in proteins, vitamins, and healthy fats can support immune function and overall well-being during treatment.

## **Staying Hydrated**

Drinking adequate water is essential for kidney function, medication metabolism, and preventing dehydration caused by certain treatments.

## **Engaging in Physical Activity**

Light exercises such as walking or stretching can help maintain mobility, reduce fatigue, and improve mental health.

## **Managing Side Effects**

Patients should promptly report any side effects like nausea, pain, or fatigue to their healthcare provider for appropriate management strategies.

## **Emotional and Psychological Support**

Seeking support from counselors, support groups, or therapists can help manage stress and emotional well-being during the trial.

## **Avoiding Certain Medications and Supplements**

Some over-the-counter drugs and herbal supplements may interfere with trial medications and should be discussed with a healthcare provider.

### **Keeping a Treatment Journal**

Recording symptoms, side effects, and medication schedules can help patients and doctors track progress and make informed adjustments.

### **Following Clinical Trial Guidelines**

Participants should adhere to the trial protocols, including attending scheduled visits, undergoing required tests, and reporting any changes in health status.