



HonorHealth Cancer Care, Deer Valley Navigation team would like to welcome you and let you know we are here to help. We have many services which you may benefit from during your treatment including:

If you need assistance after business hours please call the main clinic number (623) 238-7700 to speak with a physician on call.

Oncology Nurse Navigator RN provides education and symptom management 623-683-7734

Patient Navigator Thomas provides resources 623-683-7723

Social Worker Nathan LMSW provides support resources

Nutritionist Jaclyn LD offers nutrition resources

Genetic Counseling

Clinical Trials through HonorHealth Research Institute

Advanced Care Planning resource: [LCP-Complete-Packet-fillable.pdf \(azag.gov\)](http://LCP-Complete-Packet-fillable.pdf (azag.gov))

Tina's Treasures Cancer Boutique offers breast prosthesis, bra fittings, wigs and more. 480-323-1990

HonorHealth Cancer Care

Your Oncology Nurse Navigator, Ashley RN, is available by phone for symptom management questions at (623) 683-7734 on Business days from 8:00 a.m. to 4:00 p.m.

If you need assistance after business hours, please call the main clinic number, (623) 238-7700 to speak with a physician on call.

- **When to contact your doctor or seek emergency services** (Most people do not experience all of the side effects listed)
 - Fever of 100° or higher, or chills (do not hide fever with medications such as Tylenol or Ibuprofen)
 - Unusual bleeding or bruising
 - Blood in your urine or stools
 - Diarrhea
 - Nausea (interferes with eat & drinking water; unrelieved with prescribed medications)
 - Vomiting
 - Cough
 - Severe abdominal pain
 - Severe skin problems
 - Yellowing of the skin or eyes
 - Lip or mouth sores (painful, redness, swelling, or ulcers)
 - Extreme fatigue (unable to carry out self-care activities)
 - Heart Palpitations or change in rate/rhythm
 - Persistent muscle cramps or twitching
 - Sudden change in hearing or vision
 - Dizziness or confusion

- **Seek emergency care / 911 for chest pain, difficulty breathing, shortness of breath, signs/symptoms of a heart attack, signs or symptoms of stroke or any changes in level of consciousness.**

* If you need to reschedule or cancel your appointments, contact the front office at 623-238-7700 during regular business hours.

Chemotherapy Basics

To Our Patients and Their Families:

Welcome to HonorHealth Cancer Care. We appreciate the faith and confidence you have placed in us. Our staff includes highly trained individuals working together as your team, focused on caring and comprehensive management of your treatment and side effects.

Our clinics are open Monday through Friday, closed weekends and major holidays. During daytime hours, the clinical staff is available to take your calls to address any questions or concerns that may arise. During evening, weekends and holidays, an answering service is available to take your calls, and we do have physician's on-call if needed. Please make sure that upon calling our office that you describe the nature of the call to the office staff.

In all of our clinics, we seek to provide a comfortable environment for our patients and their families. Our infusion team is focused on ensuring that your clinical care is managed in a professional and compassionate manner. To facilitate the care of all patients, we ask that you limit visitors to one or two adults in the infusion area. Because some patients can be sensitive to smells, please avoid using heavily scented fragrances or lotions. You are welcome to bring food/drinks into the clinic. Lastly, if you require the use of oxygen while in the clinic we ask that you bring your own supply since the supply in the clinic is for emergency use only.

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Please let us know if there is anything more we can do to make your treatment and care a better experience. We appreciate your cooperation, and we look forward to providing you with excellent care.

Sincerely,

Your HonorHealth HonorHealth Cancer Care Team

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Doctor Visits

You will typically **see your doctor during each cycle of treatment, or as the doctor may direct.** This visit is to review any problems or side effects that may be occurring. Both lab work and doctor visits are very important for you to achieve the best care and chemotherapy treatment possible.

At your first chemotherapy treatment, the schedulers will plan to have a calendar for you with your first cycle of treatments, lab visits, and doctor appointments. We will attempt to accommodate your schedule, but we must make appointments based on clinic availability and your treatment length. Thank you for your cooperation.

Lab Work

While you are on chemotherapy, lab work is very important. Your lab results show the medical staff how your body is tolerating chemotherapy. It is common for your blood count to drop between 7-21 days after your treatment. However, each person tolerates chemotherapy differently. Your lab results show the changes in your body caused by chemotherapy. These results help your doctor determine if your chemotherapy dose needs to be decreased, or if your treatment needs to be delayed. This is for your safety. Your nurse or doctor will inform you how often your lab work will be drawn. **Blood work may be drawn every week while you are on treatment.**

Preparing for Chemotherapy

Arrange for transportation from the physician office. Many chemotherapy regimens are accompanied by pre-medications that could make you feel sleepy, and since everyone reacts to chemotherapy differently, you will not know how you might feel. It is best, at least for the first treatment, to have a ride that can bring you and take you home. Many times, it is nice to have a support person, or “chemo buddy” with you during treatment.

Wear comfortable clothing. If you will be getting chemotherapy, it is best to wear comfortable clothing. If you will be receiving your chemotherapy through a vein in your arm, make sure your sleeves will allow good access past your elbow. If you have a **port-a-cath**, make sure that your wear a shirt with buttons or V-neck so it is accessible.

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Bring activities to help pass the time. While chemotherapy infusion times vary, some patients prefer to bring items that help to distract you while you are getting your chemo treatment. We supply patients with wireless internet service, so use your computer, e-reader, smartphone or iPad to link to the and connect with friends. This can help the time to pass very quickly.

Consider your nutrition. Eating a regular, but light breakfast, prior to chemotherapy is a good idea. We also encourage that you drink plenty of fluid, especially water, while on treatment. You are welcome to bring food with you into the clinic, as some treatments may last for hours. Water and coffee are provided to patients and family members.

Arrange childcare. You may need to arrange for childcare while you are in the clinic for treatment. Children under 18 are not allowed in the infusion room or lab area for their safety, and for the comfort of other patients who may not feel well while in the clinic. If you have questions regarding your children, please ask your nurse.

Chemotherapy Considerations

Prepare meals ahead. If you are the person responsible for meals, consider making some meals before you begin chemotherapy and freeze them in containers that offer the correct portions. Be mindful of dishes that may be spicy, greasy, or acidic as they could be difficult to tolerate at times after treatment. Plan some "easy" menus so that you do not have to use a lot of energy on meal preparation.

Consider help at home. Many times, your friends and family members want to know what they can do to help you during your chemotherapy. Suggest that someone become your "point person" and serve as the central figure to coordinate help from other friends and family. Or, give them a job - it will help both of you. Some ideas include: helping with meals, helping with childcare, helping with house cleaning, helping with transportation, running errands, and keeping you company.

Eat well. During cancer treatment, eating can be challenging. You might like to consult with a registered dietitian who specializes in nutrition for cancer patients, and make him or her part of your treatment team. Ask your Patient Navigator for more information, or if you would like a referral.

Keep active. Although you may not have as much energy as you did before you began your cancer treatments, you should make an effort to exercise, even if you only flex and extend your muscles while sitting or lying down. Exercise has been shown to offer many benefits including decreasing fatigue, decreasing stress and anxiety, decreasing the incidence of blood clots and increasing appetite. In general, people who remain

active, tolerate their treatments better and any related side effects. HonorHealth Cancer Care offers services with a Certified Clinical Exercise Physiologist trained to work with cancer patients to develop an exercise plan that will work for you. Ask your Patient Navigator about scheduling an appointment.

Talk with your employer. Depending on your work situation, it may be wise to discuss your chemotherapy situation with your boss. Ask if there is any flexibility in scheduling. If you are likely not to be able to work, consider speaking with human resources about The Family Medical Leave Act. Do not just quit your job, you may need the insurance benefits to help pay for chemotherapy. Discuss this with a social worker, first. A social worker is often able to help you navigate through these situations and is available for you to speak with. Talk with your Patient Navigator about scheduling an appointment.

Go to the dentist. This is especially true if you know you need dental work.

Chemotherapy medications can cause you to be at risk for infection and dental work should not be done during this time. In addition, your dentist may be able to offer suggestions to manage chemotherapy induced mouth problems.

Get a wig if you will need one. If you are likely to lose your hair due to chemotherapy, plan to purchase your wig before you are likely to lose it - it can be easier before you start therapy. A stylist will have a much easier time matching your hair to a wig if you have your hair when you shop. Some insurance companies will pay for a wig. In this case, you will need a prescription from your doctor or health care provider for a "cranial prosthesis." Tina's Treasures, located in the HonorHealth Building, offers these services.

Bathroom Use

Flush toilet twice, with lid closed after use, for 48 hours after last chemotherapy dose. Wash your hands with soap and water after using the toilet. Wash your skin with soap and water if urine or stool gets on it. As long as body waste is cleaned from toilet, it is safe for family members to use same toilet. Pregnant women, children and pets should avoid touching any contaminated waste.

Sexually Activity

Women

Be sure to use a reliable form of birth control to prevent pregnancy throughout treatment, even if you think your periods have stopped or your fertility has been affected. Ask your doctor how long you should continue using a form of birth control after you have completed treatment. If you plan to have children after your treatment , ask your doctor when it will be safe for you to start trying to conceive.

Men

Be sure to use a reliable form of birth control to prevent pregnancy throughout treatment.

Implanted Venous Access Ports

What is a port?

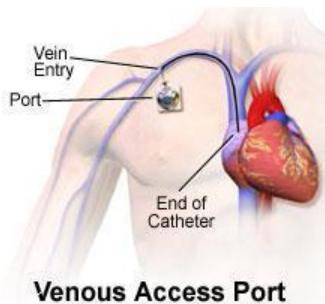
An implanted port is made up of two parts: a catheter (kath-uh-ter) and a port. A catheter is a small plastic flexible tube. A port is a pocket for fluids that you get through the catheter. It is made of metal or plastic

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and holds a small amount of liquid. One end of the catheter is connected to the port, and the other end goes through a vein near your heart.

Most ports are the size of a quarter. They have plastic or metal on the sides and rubber over the top. The port is placed right under your skin and you can usually feel it through your skin. A special needle goes through your skin and the rubber on top of the port when the port is used. By having an access port, you can have blood taken for tests, and get intravenous (IV) fluids quickly and easily. Having the port may keep your arm from being stuck many times with a needle.

A vein is a tube inside you that carries blood from the body to the heart and lungs. A doctor, or specially trained associate, will put the catheter into a vein near your neck. The port is placed on your chest near your collarbone. If the port will be used often, there may be a catheter tube (tail) attached to the needle. It will hang down onto your chest.



Venous Access Port

Why do I need an implanted venous access port?

Implanted venous access ports are used for long-term treatments, or treatments that are too harmful to your peripheral vein. They are often put in if you have to take medicines at home. They are used if smaller veins in your arm are damaged, injured or have poor blood flow. The following are medicines and treatments you may get when you have a port:

- Blood
- Chemotherapy
- Frequent blood samples
- IV fluids and medicines given over a long period (weeks, months or years).

Dehydration

Dehydration occurs when a person does not take in enough fluid, or loses too much fluid. Every cell and organ depends on water, and without it, the human body cannot function properly. The water in your body performs the following essential functions: removes waste and toxins, transports nutrients and oxygen, controls heart rate/blood pressure, regulates body temperature, lubricates joints, protects organs and tissue, and creates saliva.

Although it is possible to go for a long time without food, people cannot live without water for more than a few days. People receiving cancer treatment may be at a higher risk for dehydration due to treatment side

effects, such as diarrhea and vomiting. The longer you go without taking in enough fluid, the more dehydrated you will become.

Thirst is one way your body alerts you to drink more, other symptoms of dehydration include dry mouth, fatigue, weakness, irritability, dizziness, lightheadedness, low blood pressure, confusion, headaches, constipation, dry skin, or dark yellow urine/decrease in urination. If you experience any of these symptoms, contact your health care team.

What Causes Dehydration?

You lose water every day through natural body functions, such as breathing, sweating, and going to the bathroom. Most people easily replace that fluid through drinking and eating. However, certain things, such as cancer treatment like chemotherapy, affect the body's ability to stay hydrated, especially if you are having vomiting and diarrhea.

How Do I Prevent Dehydration?

The amount of fluid needed each day to stay hydrated depends on your health and lifestyle. It is recommended to drink **8-10 (8-ounce) glasses of fluid, or 2 liters**, of fluid a day. If you dislike plain water, try drinking flavored water or adding a slice of lemon. Other fluids, such as milk, juice, and tea also count. Also, try to avoid foods and drinks that may contribute to dehydration. Beverages with sugar and/or caffeine, such as fruit juice, soda, and coffee, are not as effective at hydrating your body.

Eating foods with high water content can also help. **While drinking water is the best hydration source**, many foods contain water and can help replenish lost fluids. Choose foods like lettuce (95% water) and watermelon (92% water). Soups, popsicles, and yogurt also have high water content. We recommend that patients drink both water and electrolyte replacement drinks with low sugar, such as Pedialyte or G2 Gatorade. If you are having difficulty

drinking enough fluids, talk with your infusion nurse about possible hydration therapy through your port or IV.

There are many ways to prevent dehydration. Although chemotherapy treatment can make foods and fluids taste different, it is important that you find solutions to keep hydrated.

Some suggestions to keep hydrated include:

- Suck on ice chips or popsicles if you have trouble drinking or eating.
- If you find it difficult to drink, take in small amounts of fluid frequently instead of a large amount at one time. Drinking too much at once may cause vomiting.
- Keep a water bottle with you at all times, and sip from it throughout the day.
- If you have diarrhea, choose beverages that have sodium and potassium to help replace these lost minerals.
- If you have fatigue, keep ice and drinks within easy reach to limit ambulation.

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Constipation and Diarrhea Prevention

It is common to experience constipation and/or diarrhea with some of the treatments. If you find that you have not had a bowel movement for a few days, or have more than 4 loose stools per day, it is important that you let your physician know. There are ways to help prevent and treat constipation and diarrhea. Below are some examples of things you can do at home.

Constipation over the counter treatments

- Colace® (docusate sodium) per package instructions
- Miralax® (polyethylene glycol) per package instructions
- Warm prune juice with a pat of butter

Diarrhea over the counter treatments

- Imodium® (loperamide HCl) per package instructions after each loose stool

Nausea and Vomiting

It is common while on treatment to experience nausea and vomiting. There are many medications available to help prevent and treat this, so speak with your provider about what options are available and what would work best for you. In addition to prescription medication, you may also try:

- Ginger chews/gum
- Peppermint gum/candy
- Eat small, frequent meals
- Sip your drinks; don't chug
- Eat slowly; take time to chew your food
- Wear loose-fitting clothing
- Eat something before your appointment
- Cold ice pack placed on the back of the neck

Mouth Care

In some cases, you may develop mouth sores. This is a side effect of some chemotherapy drugs. If you are experiencing problems with this, speak to your provider. You may also try some of the following to help prevent and/or treat them:

- Brush your teeth after each meal and use a soft toothbrush
- Drink plenty of water
- Rinse your mouth with 1-cup warm water, 1/4 teaspoon baking soda, and 1/8 teaspoon salt.

- Avoid alcohol
- Avoid spicy and hard foods-choose foods that are soft
- Avoid citrus drinks
- Use lip balm to keep lips moisturized
- Suck on ice cubes
- Drink through a straw

Prescription Medications

We understand that patients often use prescription medications more frequently than anticipated; therefore, **please provide a 24-hour notice during weekdays if you are running low on medications** so that we can make certain that no interruptions occur. Please note, refill requests will not be filled on weekends.

Over-the-Counter Medication

Before taking any over-the counter medications, herbals, vitamins, minerals or supplements please discuss this with your oncologist. Some of these medications may interact with the chemotherapy.

There are some medications that you may be instructed to have on hand at home. Below is a list of some of these medications

- Tylenol® (acetaminophen)
- Motrin® (ibuprofen)
- Aleve® (naproxen sodium)
- Claritin® (loratadine)
- Colace®, Miralax®, Senokot® (Senna)
- Imodium® (loperamide)
- Benadryl® (diphenhydramine)

**In addition to these OTC medications to keep on hand, your care team will ensure you have a prescription for any other necessary medication to take at home so you are prepared for your first day of treatment.*

Supporting your Immune System and White Blood Cells

White blood cells fight infections. These cells are the mobile units of the body's infection fighting system. White blood cells travel in the bloodstream to areas of infection and destroy the responsible bacteria. They are fast growing cells. Chemotherapy drugs are made to kill fast growing cells, like cancer cells, but can also kill healthy cells, like white blood cells. These cells will rebuild themselves, but sometimes need extra help.

It is common for patients receiving chemotherapy to have decreased white blood cells.
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We recommend you have a thermometer at home to monitor your temperature.

If you have a fever of 100.4 F (38 C) or more, call your oncology office. Outside normal business hours, call the on-call physician.

With some chemotherapy regimens, it will be required that patients receive an injection called **Neulasta® or Zarxio®** approximately 24 hours after chemotherapy. This medication will stimulate your bone marrow to produce white blood cells and help prevent infections. Your doctor or nurse will inform you if this is necessary for your treatment plan.

Because this medication stimulates the bone marrow, this can cause bone pain and body aches. We recommend that taking **Claritin® (loratadine) AND Aleve® (naproxen sodium)** a day prior to receiving **Neulasta® or Zarxio®, the day of, and the day following your injection** may help to relieve bone pain that can be caused by your injection.

Pain Management

When pain is hard to control, using pain management tools may help. Because pain is subjective to each patient, pain management tools, assist healthcare professionals establish how to help patients manage their pain. Please use this scale to determine your pain, and how to manage your pain. If you have further questions, please to not hesitate to call your Navigation Team.



0-10 SCALE OF PAIN SEVERITY

Severity Description of Experience

10	Unable to Move	I am in bed and can't move due to my pain. I need someone to take me to the emergency room to get help for my pain.
9	Severe	My pain is all that I can think about. I can barely talk or move because of the pain.
8	Intense	My pain is so severe that it is hard to think of anything else. Talking and listening are difficult.
7	Unmanageable	I am in pain all the time. It keeps me from doing most activities.
6	Distressing	I think about my pain all of the time. I give up many activities because of my pain.
5	Distracting	I think about my pain most of the time. I cannot do some of the activities I need to do each day because of the pain.
4	Moderate	I am constantly aware of my pain but I can continue most activities.
3	Uncomfortable	My pain bothers me but I can ignore it most of the time.
2	Mild	I have a low level of pain. I am aware of my pain only when I pay attention to it.
1	Minimal	My pain is hardly noticeable.
0	No Pain	I have no pain.

****If you are taking 4 or more breakthrough doses a day, you may need medication changes, or adjustments made to your current medication regimen.**

Please call your provider to assist you.



Cancer Center

Support Groups

HonorHealth Cancer Care offers a range of new support groups as well as redeveloped existing groups.

Group sessions are planned year-round and are held at the HonorHealth Cancer Center unless otherwise noted. These sessions are free and open to the public.

Below is a list of some of the groups available. For a comprehensive list and more information, contact your Navigator or go to <https://www.honorhealth.com/medical-services/cancer-care/support-services/cancer-support-groups>.

Registration is suggested. To register for a support group or for further information, call 480882-4636 or 480-323-1321 or email cancerinfo@honorhealth.com

- Cancer Support Group (specific cancer types available)
- Caregiver and Family Support Group

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- Cancer Survivors Support Group
- Facing Forward
- Grief Support Group

Websites

Honorhealth.com

Cancer Support Community – www.cscaz.org

American Cancer Society (ACS) - www.cancer.org

National Cancer Institute (NCI) - www.cancer.gov

International Union Against Cancer (UICC) - www.uicc.org

Cancer Care, Inc - www.cancercare.org

People Living w/ Cancer, An ASCO Website - www.oncology.com

Chemocare – www.chemocare.com

Chemotherapy.com

