

Important Contact Information

Radiation Therapy Reception
(709) 777-8206

Nutrition Reception
(709) 777-7604

Social Work Reception
(709) 777-7604

Daffodil Place
(709) 753-6520

Agnes Cowan Hostel
(709) 777-6831
(709) 777-6832

Cancer Patient Navigator
(855) 848-3888

Brain Tumour Foundation
(800) 265-5106

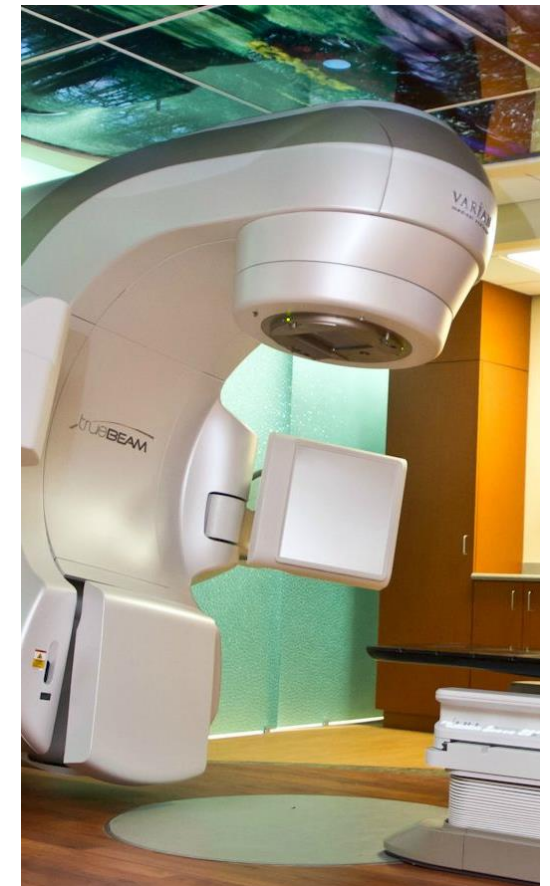
Look Good Feel Better Program
Western (709) 634-6542
Central (709) 489-5822
Eastern (709) 777-6480
www.lgfb.ca

Nurse _____

Phone # _____

Radiation Therapy

Brain





Radiation Treatment

- It is important to lay still and breathe normally
- The treatment cannot be seen, felt or smelled
- You will not be radioactive after treatment
- Each treatment takes about 15mins
- It is important to follow therapists' instructions

Side Effects of Treatment

Itchy Scalp

- The scalp may become dry and itchy
- Limit hair washing to 2-3 times each week
- Wash your hair and scalp gently, don't scrub
- Use an unscented baby shampoo
- Avoid hair dryers, straighteners & curling irons
- Avoid hair spray, gel and other hair products
- Keep your head covered when outside
- Wear a loose, breathable hat or scarf

Headaches

- Radiation causes slight swelling in the brain
- This swelling can cause headaches
- The doctor may prescribe medication for pain or steroids to reduce the swelling
- Take your medication as prescribed
- If the headaches continue, please let us know

If you experience any of the following symptoms after the onset of radiation treatment, please notify a member of your health care team:

- Severe nausea or vomiting
 - Blurred or double vision
- Impaired hearing or speech
 - Onset of headache
- Increase in existing headache
- Weakness in hands, arms, legs or feet
 - Seizures

Hair Loss

- Radiation will cause the hair to fall out
- In most instances, the hair will grow back
- Hair regrows 2-3 months after treatment
- If you have any concerns please discuss this with your doctor

Lack of Appetite, Nausea and Vomiting

- Radiation to the brain can cause nausea
- This nausea can lead to vomiting
- The doctor can prescribe anti-nausea medication if you experience this
- Try dry white toast, bananas or plain crackers
- Continue to drink plenty of fluids

Fatigue

- You may feel tired during or after treatment
- Rest when needed
- Eat a well balanced diet and drink plenty of clear fluids