

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

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

Nurse _____

Phone # _____

Radiation Therapy

Chest





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

Acute Side Effects: Those that happen during or shortly after treatment

Hoarseness

- Rest your voice
- Sip clear fluids throughout the day
- Use a pen and paper to communicate

Fatigue

- You may feel tired 3-4 weeks into treatment
- Rest when needed
- Eat a well balanced diet
- Drink plenty of clear fluids

Heartburn, Indigestion & Sore Throat

- The lining of the esophagus may get irritated
- Avoid alcoholic drinks as they can be irritating
- Heartburn or indigestion
 - If it is okay with your doctor, try antacids
- Sore throat
 - Avoid spicy, hard and acidic foods
 - Eat with sauces or gravies to ease swallowing
 - Avoid very hot or very cold foods and drinks
 - Take small bites and chew well
 - Drink clear fluids while eating
- You may have a sensation of food slowing down or getting stuck when you swallow

Skin Care

- Skin in the treatment area may get irritated
- Avoid scratching the irritated area
- Use a mild soap like Dove unscented
- Pat or air dry after a shower or bath
- Avoid creams or lotions in the treatment area
- Avoid hot water bottles, ice packs and heating pads in the treatment area

Late Side Effects: Those that happen months or years after treatment

More Common (approx. 20%)...

Inflammation of the lungs (Acute Pneumonitis)

- Symptoms include cough, shortness of breath and fever
- Starts 4-6 weeks after treatment
- Usually resolves within 2 months
- Can be more severe and require medication
- Small number of patients may develop longstanding breathing difficulties 6 or more months after treatment (late pneumonitis)

Skin Changes

- Skin is firm, dry, or darkened in colour
- Occurs over the radiation field

Rare (less than 10%)...

Scarring of the Heart Membrane (Constrictive Pericarditis) or Damage to the Heart Muscle (Cardiac Myopathy)

- Symptoms can include chest pain, shortness of breath, fatigue and leg swelling

Narrowing of the Esophagus (Esophageal Stricture)

- Can make it difficult to swallow

Damage to the Nerves of the Arm (Brachial Plexopathy)

- Can cause arm pain, numbness or weakness

Spinal Cord Damage (Myelitis)

- Can cause pain, numbness or weakness at and below the level of damage
- Small number of patients may develop shock-like sensations radiating down their arms or legs about 6 months after treatment
- Usually resolves within 4-6 months