

## **Radiation Therapy – Bone**

### **Radiation Treatment**

- Commonly used to treat cancer that has spread to the bone.
- It is an effective, well tolerated procedure and treatments take about 15 minutes.
- It is important to lie still and breathe normally.
- You may experience symptom relief during your course of treatment. However, the peak effect is typically several days to weeks after treatment.

### **Possible Side Effects**

*Always discuss new side effects with your radiation oncology team.*

#### **Pain flare**

- Temporary worsening of bone pain caused by swelling and inflammation from radiation treatment.
- May present 24-48 hours after first treatment and typically subsides within 48 hours of onset.
- Use pain medication as recommended.
- Consult your healthcare team with questions or concerns.

#### **Skin reaction**

- Skin within treatment area may become irritated - minor skin changes or tingling may be noticed.
- Use a mild, unscented soap.
- Avoid extreme temperatures to the area such as heating pads and ice packs.
- If needed, apply creams that have been recommended by your healthcare team.

#### **Fatigue**

- You may notice a decrease in energy level - rest when needed.
- Eat a well-balanced diet and drink plenty of clear fluids.

**It is important to note that side effects can be different for everyone and may depend on which part of the body is being treated. Your radiation and healthcare team will follow you closely during treatment to monitor any symptoms.**

### **Radiation Appointments**

Radiation treatments are scheduled Monday-Friday, except on holidays.

You will be scheduled for a *Radiation Review Appointment* weekly when you begin your treatments. At this appointment you may see a nurse, nurse practitioner, physician or radiation oncologist.

## **Important Contact Information**

### **General Directory**

(709) 777-6480

### **Daffodil Place**

(709) 753-6520 or toll free 1-888-753-6520

### **Extended Stay St. John's**

(709) 777-6831 or 6832

### **Cancer Patient Navigator**

St. John's (709) 777-2094/2368

Clarenville (709) 466-5763

Central (709) 256-5571

Western (709) 784-5010

St. Anthony (709) 454-3999

Toll free: (855) 848-3888

### **Look Good Feel Better Program ([www.lgfb.ca](http://www.lgfb.ca))**

Eastern (709) 777-6480

Central (709) 489-5822

Western (709) 634-6542

### **Going to miss an appointment?**

Please call (709) 777-8206

**Please visit the Eastern Health Cancer Care website for more information  
[cancercare.easternhealth.ca](http://cancercare.easternhealth.ca)**