

Radiation Therapy – Brain

Radiation Treatment

- Treatment is painless - it is similar to getting an x-ray but with a higher energy to treat cancer.
- Each treatment takes about 15 minutes.
- You will need to lie still and breathe normally.

Possible Side Effects

Always discuss new side effects with your radiation oncology team.

Headaches

- Radiation can cause slight swelling in the brain which can cause headaches.
- You may be prescribed medication for pain or steroids to reduce the swelling.
- If you are taking steroids be sure to discuss your prescriptions and instructions for taking them once treatment is complete.
- If the headaches continue let a member of your healthcare team know.

Hair Loss

- Radiation can cause the hair in the treatment area to fall out.
- In most instances hair usually regrows 2-3 months after treatment.

Fatigue

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

Nausea, vomiting & lack of appetite

- You may be prescribed an anti-nausea or steroid medication if you experience this.
- Ask for a referral to a cancer clinic dietitian.
- Drink plenty of fluids, especially water
- Eat small, frequent meals.

Skin reaction

- 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 extreme temperatures to the area such as hair dryers & curling irons.
- Avoid hair products such as hair spray.
- Keep your head covered when outside by wearing a loose hat or scarf.

If you experience any of the following symptoms after the onset of radiation treatment, please visit your nearest emergency department:

- 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

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)

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**