

Radiation Therapy – Chest

Radiation Treatment

- Treatment is painless and takes about 15 minutes. It is similar to getting an x-ray but with higher energy to treat cancer.
- It is important to lie still and breathe normally.

Possible Side Effects

Always discuss new side effects with your radiation oncology team.

Heartburn & indigestion

- You may be advised to take antacids or prescribed medication.
- Avoid alcohol and spicy foods.

Sore throat and difficulty swallowing

- Drink clear fluids, especially water, while eating.
- Use a soft or extra-soft bristled toothbrush.
- Eat soft foods with sauces or gravies to ease swallowing.
- A mouthwash may be prescribed.
- Avoid alcohol and spicy, acidic foods.
- Ask to see a cancer center dietitian who can help ensure your nutritional needs.

Fatigue

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

Skin reaction

- Use a mild unscented soap. After bathing pat or air dry the treatment area.
- Temporary hair loss in the treatment area.
- Avoid creams unless advised by your healthcare team.
- Avoid scratching the treatment area.
- Avoid extreme temperatures such as heating pads and ice packs.

Hoarseness

- Your voice may get hoarse or continue to get hoarse during treatment and 2-3 weeks after treatment has ended.
- Sip clear fluids throughout the day and rest your voice as much as you can.

Possible late side effects (can happen months or years after treatment)

- Inflammation of the lungs
- Skin changes

Rare late side effects

- Scarring of the heart membrane *or* damage to the heart muscle
- Narrowing of the esophagus
- Damage to the nerves of the arm
- Spinal cord damage

Go to your nearest emergency department if you experience these symptoms

- Coughing up blood
- Persistent chest pain
- Shortness of breath
- Persistent cough
- Leg swelling
- Arm or leg pain, numbness or weakness

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 Navigators

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