



## Most Common Side Effect of Chemotherapy

สนับสนุนการพิมพ์โดย  
คณะแพทยศาสตร์ศิริราชพยาบาล

โครงการสอนสุขศึกษาในหอผู้ป่วย  
ฝ่ายการพยาบาล โรงพยาบาลศิริราช

SIPI NS2015158

## จัดทำโดย

นางจิตาภา เอื้อพิสิฐ  
งานการพยาบาลตรวจรักษาผู้ป่วยนอก

## ที่ปรึกษา

อาจารย์นายแพทย์เอกพันธ์ ครุพงศ์  
สาขาวิชาโลหิตวิทยา ภาควิชาอายุรศาสตร์

พิมพ์ครั้งที่ 1

จำนวน 500 เล่ม

พ.ศ. 2558

รหัสหน่วยงาน NS 04110425863

สงวนลิขสิทธิ์โดย พ.ร.บ.การพิมพ์ 2537

or permanent. Infertility affects a man's ability to father a child, but not a man's ability to have sexual intercourse. Other possible effects of these drugs are problems with getting or keeping an erection and damage to the chromosomes, which could lead to birth defects.

- \* Before starting treatment, talk to your doctor about the possibility of sperm banking.

- \* Use a condom during sexual intercourse.

### **Women**

Anticancer drugs can affect the ovaries and reduce the amount of hormones they produce. Some women find that their menstrual periods become irregular or stop completely. Related side effect may be temporary or permanent.

- \* Use water or mineral oil - based vaginal lubricant at the time of intercourse.

- \* Avoid wearing tight slacks or shorts.

- \* Wear cotton underwear and pantyhose with a ventilated cotton lining.

- \* Don't get pregnancy because some anticancer drugs may cause birth defects.

- \* Birth control pills may not be appropriate for some women, such as those with breast cancer.

- \* Avoid using petroleum jelly, which is difficult for the body to get rid of and increases the risk of infection.

### **Chemotherapy and Cancer Cell**

Cancer cells multiply more rapidly than normal cells, many anticancer drugs are made to kill growing cells. But certain normal, healthy cells also multiply quickly, which can be affected by the drug too. These damages to normal cells cause side effects.

You may or way not have these effects. Severity and type of side effects you may have depend on the type and dose of chemotherapy you have been treated and the reaction of your body.

Normal cells usually recover when chemotherapy is over, so most of side effects gradually go away after the end of the treatment, the healthy cells have a chance to grow normally. The time it takes to get over side effects depends on many things, including your overall health and chemotherapy you have been taking.

The side effects of chemotherapy can be unpleasant. However, medicine can help to prevent some side effects such as nausea. If you discouraged about the length of time of the treatment or the side effect. You should talk to your doctor or nurse. They may be able to suggest ways to make side effect easier to deal with or reduce them.

## Most common side effect

### 1. Fatigue

Fatigue, tired and lacking of energy, are due to your ailment or infirmity, chemotherapy, radiation, surgery, low blood counts, lack of sleep, pain, stress, poor appetite, and along with many other factors. Fatigue caused by chemotherapy can suddenly appear. Resting does not always relieve it. Not everyone feels the same kind of fatigue. You may not feel tired while someone else does or your fatigue may not last as long as someone else does. It can last for days, weeks, or months. But severe fatigue does go away gradually as the tumor responds to treatment. Recovery from fatigue is possible under the following recommendations.

- \* Plan your day so that you have time to take a rest , taking a short nap or break could be better than taking a long resting .

- \* Perform activities such as meditation, pray, yoga, short walk or light exercise.

- \* Eat as well as you can and drink plenty of fluids. Eat small amount at a time.

### 12. Effect on skin and nail

You may have skin problems, such as redness, rashes, itching, peeling dryness, acne, and increase sensitivity to the sun, may cause the skin all along the vein to darken. Your nail may also become darkened, yellow, brittle, or cracked. They also may develop vertical lines and band.

Anticancer drugs given intravenously can cause serious and permanent tissue damage if they leak out of vein. Tell your nurse right away if you feel any burning or pain when you are getting IV drugs. These symptoms must always be checked at once. Don't hesitate to call your nurse about even the less serious symptoms.

- \* Apply cream and lotion while your skin is still moist.

- \* Avoid direct sunlight as much as possible.

- \* Use a sun screen lotion with a skin protection factor (SPF) to protect against sun damage.

- \* Use a lip balm with a sun protection factor.

- \* Wear long - sleeve cotton shirts, pants and hat with a wide brim to block the sun.

### 13. Effect on sexual organs

#### Men

Chemotherapy drugs may lower the number of sperm cells and reduce their ability to move. These changes can result in infertility, which may be temporary

Peripheral neuropathy caused by chemotherapy is often temporary and resolves over a period of weeks or months after treatment. Sometimes there are residual effects that can last longer.

Some nerve and muscle - related symptoms include:

- tingling
- haking or trembling
- pain when walking
- walking problems
- weak, sore, tired or achy muscle
- loss of balance
- clumsiness
- difficulty picking up objects and buttoning clothing
- weakness or numbness in the hands and / or feet
- burning
- constipation
- jaw pain
- hearing loss
- stomach pain

\* If your fingers are numb, be very careful when grasping objects that are sharp, hot, or other wise dangerous.

\* If your sense of balance or muscle strength is affected avoid falls by moving carefully, using handrails when going up or down stairs, and using bath mats in the bathtub or shower.

- \* Always wear shoes with rubber soles.
- \* Ask your doctor for pain medicine.

## 2. Nausea and Vomiting

Symptom of nausea and vomiting may be stimulated from a number of different events, feeling of fullness in your stomach, dizziness, sight, odors. Some people may feel nausea and even vomit from anxiety, fear, stage of nervous, unpleasant odors, sight of blood, or thought of getting an injection. We can prevent nausea and vomit by changing some behaviors such as:

- \* Take small meals during the day, instead of one, two, or three large meals.
- \* Eat and drink slowly.
- \* Wear loose or unfit clothes.
- \* Breath deeply and slowly when you feel nausea.
- \* Try to avoid odors that bother you, such as cooking smells, smoke, or perfume.
- \* Avoid sweet, fried, or fatty foods.
- \* Avoid consuming heavy food or drink for at least a few hours before treatment if nausea usually occurs during chemotherapy. Eating light meal before treatment is recommended.

### 3. Pain

Chemotherapy drugs can damage nerves, leading to burn, numbness, tingling or shooting pain, most often in the fingers and toes. Some drugs can also cause mouth sores, headaches, muscle pains, and stomach pains. If that pain disturb you, the following suggestions may help you.

- \* Do not skip doses of your scheduled pain relieving medicine. If you wait to take the pain killer until you feel pain, it is harder to control.

- \* Try using relaxation exercises at the same time you take the medicine for relieving the pain.

- \* There are different medicines and methods available to control cancer pain.

- \* If you have persistent or chronic pain. Take your pain medicine on a regular schedule.

### 4. Hair loss (alopecia)

Hair may become loss or fall out entirely. Hair loss can occur on all parts of the body, including the head, face, arms and legs, underarms, and pubic area. The hair usually grows back after the treatment has completed. Some people even start to get their hairs grow back while having treatments.

- \* Drink plenty of fluids such as water, sport drink or ginger ale. If these drinks make you more thirsty or nauseous, try diluting them with water.

- \* Eat small amounts of food during the day instead of three large meals.

- \* Avoid coffee, tea with caffeine, alcohol, and sweets. Stay away from fried, greasy, or spicy foods too. They will irritate and can cause diarrhea and cramping.

- \* Eat low fiber.

### 10. Constipation

If you have not had a bowel movement for more than a day or two, call your doctor, who may suggest taking a laxative or stool softener. Do not take these measures without checking with your doctor, especially, if your white blood cell count or platelets are low.

- \* Drink plenty of fluids.

- \* Increase the fiber in your diet.

- \* Get some exercises every day. Go for a walk.

### 11. Nerve and muscle effect

Peripheral neuropathy refer to an interruption in the normal flow of signals through the neurons that can effect movement or sensation.

## 8. Mouth, gum, and throat problems

Anticancer drugs can make these tissues dry and irritated or cause them to bleed. In addition to being painful, mouth sores can become infected by many germs that live in the mouth. Every step should be taken to prevent infections, because they can be hard to fight during chemotherapy and can lead to serious problems.

- \* Drink plenty of water or juice.
- \* Tell your doctor about seeing your dentist at least several weeks before you start chemotherapy.
- \* Brush your teeth and gums after every meal. Use a soft toothbrush and a gentle touch. Rinse with warm salt water after meals and before bedtime.
- \* Avoid mouthwashes that contain any amount of alcohol.
- \* Use lip balm or petroleum jelly if your lips become dry.

## 9. Diarrhea

If you have loose stool that continues for more than 24 hours, or if you have pain and cramping along with the diarrhea, see your doctor. Do not take any over-the-counter medicines for diarrhea without asking your doctor.

Sometimes, hair may grow back with a different color or texture.

Hair loss does not always happen right away. It may begin several weeks after the first treatment or after a few treatments. Hair may fall out gradually or in clumps.

- \* Use a mild shampoo, soft hair brush, low heat when drying your hair.
- \* Avoid using brush rollers to set your hair, dying, perming or relaxing your hair.
- \* Choose to wear turbans, scarves, caps, wigs, or hair pieces.

Losing hair can be hard to accept. Feeling angry or depressed is common and perfectly all right. At the same time, keep in mind that it is a temporary side effect. Taking about your feelings can help. If possible, share your thoughts with someone who has had a similar experience.

## 5. Anemia

Chemotherapy can reduce the bone marrow's ability to produce red blood cells, which carry oxygen to all parts of your body. Anemia can make you feel shortness of breath, very weak, and tired.

- \* Get plenty of rest. Sleep more at night and take a nap during the day if you can.

\* When sitting, get up slowly. When lying down, sit first and then stand. This will help prevent dizziness.

\* Eat well-balanced diet.

## 6. Infection

Chemotherapy affects the bone marrow, making it harder to build white blood cells, the cells that fight many types of infections. Most infections come from bacteria normally found on your skin, mouth, intestines and genital tract.

\* Stay away from people who have illnesses you can catch, such as a cold, flu, measles, or chicken pox.

\* Try to avoid crowds for example, go shopping or go to the movies when the stores or theaters are less likely to be busy.

\* Stay away from sick children who recently have received “live virus” vaccines such as chicken pox and oral polio.

\* Wash your hands with soap often during the day.

\* Maintain good mouth care.

\* Do not eat raw fish, seafood, meat, or eggs.

\* Call your doctor if you have these symptoms: Fever over 100°F or 38°C, chill; loose bowel movements; redness, swelling or tenderness especially

around a wound, sore, ostomy, pimple, rectal area or catheter site.

\* Report any signs of infection to your doctor immediately. If you have a fever, do not take aspirin, paracetamol, or any other medicine to bring your temperature down without checking with your doctor first.

## 7. Blood clotting problem

Anticancer drugs can affect the bone marrow’s ability to make platelets. If your blood does not have enough platelets you may bleed or bruise more easily than usual even without an injury.

See your doctor if you have any of these symptoms

● Unexpected bruising, small red spots under skin

● Reddish or pinkish urine

● Black or bloody bowel movement

\* Check with your doctor or nurse before taking any vitamins, herbal remedies, including all over the - counter medicines. Many of these products contain aspirin, which can affect platelets.

\* Use a very soft toothbrush to clean your teeth.

\* Take extra care to cut or nick yourself when using scissors, needles, knives or tools.