

Radiation Therapy for Cancer in Your Breast Area



Allina Health

**ABBOTT
NORTHWESTERN
HOSPITAL**

Radiation Therapy

Your doctor has prescribed radiation therapy to treat cancer in your breast area. Radiation therapy uses high-energy radiation (X-rays) to shrink or destroy the tumor. Your other doctors may also suggest other treatments such as surgery, chemotherapy or hormone therapy.

About External Beam Radiation Therapy

- The radiation therapy treatments are painless.
- You will not be radioactive in any way. You are of no risk to your loved ones.
- You will need 2 to 9 weeks of radiation.
- You will receive radiation therapy 5 days a week, Monday through Friday.
- Plan 30 minutes for each treatment appointment, but treatment time may be from 5 to 30 minutes.
- Your radiation oncologist will meet with you every week to monitor your progress.
- A radiation oncology nurse is available to answer your questions or concerns.
- Your radiation oncologist may be ordering blood counts on you every 1 to 3 weeks. Your hemoglobin, white blood counts and platelets will be checked.

If you would like to learn more about support groups for people who have cancer or you want to talk with a psychologist about your cancer diagnosis, please ask a member of your health care team for more information.

During Your Treatment

The goal of radiation therapy is to destroy cancer cells. Healthy cells are also affected by the radiation. To decrease the risk to healthy cells, the radiation will be given in a way to reduce your exposure. The radiation oncology staff will help you get through the treatments feeling the best you can, with the least amount of side effects. You will be watched closely during your treatments.

During each treatment you can expect the following.

- The radiation therapists will ask you to remove your clothing or bandages in the treatment area.
- The therapists will position you on the treatment table. They will use the marks made on your body during the planning session.
- You will be alone during the treatment. The therapists will watch you closely on a TV monitor and listen to you on an intercom.
- You may hear a buzz from the treatment machine (called a linear accelerator) when you are receiving the radiation.
- The treatment machine may give you radiation from different angles.
- Talk with your therapist, doctor or nurse if you have any questions or concerns about the radiation treatments, side effects, or both.
- Your therapist will tell you when you are scheduled to have lab work done.

Possible Side Effects

You will have the same amount of radiation every day. Radiation may have side effects. They may not begin with the first treatment and they may continue beyond your last treatment. The following are possible side effects you may have.

Fatigue

Fatigue can result from your cancer treatment. Some people do not have fatigue and others may have fatigue in different degrees. Being tired can keep you from doing your normal activities. Contact your nurse if your fatigue significantly changes (or gets worse).

To manage fatigue, you can:

- Rest more than usual. However, too much rest can result in you having less energy.
- Try to do your normal activities every day as much as possible.
- Try to get some regular exercise (such as walking) every day. This will help your energy level and help you sleep at night.
- Drink lots of liquids and eat well-balanced meals.
- Take rest breaks between activities. Rest breaks will help you save your energy for the things you want to do. Let others help with meals, cleaning, errands or child care.
- Do activities that you enjoy and that will make you feel good. Listen to music, work in the garden, visit with family or friends or watch birds. Try to do activities you enjoy at least three times each week. Do not try to do more than you can manage.

Skin irritation

Skin irritation is common during radiation treatments. The radiation must pass through your normal skin cells to reach the cancer cells. This may cause your skin to become red, tender and irritated in the area being treated.

- Use a gentle soap or no soap when washing your treatment area.
- The therapist or nurse will give you a special cream to put on your treatment area three to five times each day. This will keep your skin from becoming dry. It will also help your skin heal from the radiation side effects. Ask your nurse or therapist before using any other powder or cream.
- You may use deodorant or antiperspirant, unless you develop redness or dryness in your armpit area. Please ask your doctor or nurse if you have specific concerns about using these products.
- Keep the area treated out of the sun and covered at all times when you are outside.
- Ask your doctor or nurse before using hot or cold packs on your treatment area.
- Wear loose, soft clothing that is easy to remove. Avoid wearing clothing that will rub in the treatment area.
- You may find it helpful to not wear a bra whenever you can. If you do wear a bra, choose a loose, sports bra or a bra that is made out of a soft cotton fabric that doesn't rub in your armpit area. (Cotton camisoles may be comfortable.)

Loss of appetite

It is normal not to have much of an appetite at this time. It is important to maintain your weight. Losing weight means you are not eating enough and this may make you more tired.

It may be helpful to eat six small meals each day instead of three large ones. Drink 8 to 10 glasses of decaffeinated liquids each day. You may need high-calorie drinks to give you extra nutrition. You may get samples of these from the radiation oncology nurse or therapists.

Pain

You may have some discomfort from the cancer or the treatments. If your pain medicine is not working, please tell your therapist, doctor or nurse. Prescription pain medicine can cause constipation. Please see the nurse if you are having problems with constipation.

Lymphedema

Your radiation oncologist may treat your axilla/armpit as well as your breast. Your doctor will talk with you about your risk of developing lymphedema.

Lymphedema is the swelling of body tissue that can be caused by tissue damage or lymph node removal. See “How to Reduce the Risk of Lymphedema After Lymph Node Biopsy or Surgery,” pt-ah-11172, to learn more about lymphedema

See a certified lymphedema therapist after radiation therapy for more education on lymphedema. Talk with your health care provider about your specific health and your potential for developing lymphedema.

Radiation Risks and Choices

As with any medical treatment, radiation therapy has some long-term side effects and risks.

Long-term side effects can include:

- a change in your skin pigmentation (either a darkening or lightening of your skin) in the treatment area.
- possible development of scar tissue. The area being treated may feel firmer than the rest of your body. You may not feel improvement for several months/years.

Long-term risks can include:

- Radiation therapy may not destroy all of the cancer, or the cancer may return. Talk with your doctor about what to expect from the treatment.
- Your radiation oncologist will review all other risks with you.

When Your Treatment Ends

After your last radiation treatment, you may remove the marks on your body. You will be given more information when you finish the treatment. Sometimes the cancer will continue to shrink for several weeks after you finish your treatments.

Your Medicine Needs

Please call the radiation oncology nurses (612-863-4060) at least 24 hours in advance if you need a refill on a prescription written by your radiation oncologist. Make sure you have enough medicine to last through the weekend. Most pain medicine refills cannot be called in to your pharmacy. If you have prescriptions written by another doctor, please check with that doctor for refill information.

Whom to Call for More Information

If you have any questions or concerns about your treatment, please call the radiation oncology nurses at 612-863-4060. If you need to schedule or change an appointment, please call 612-863-4060.

If you would like more information about your diagnosis, treatment options or support resources, you may call the National Cancer Institute at 1-800-4-CANCER (nci.nih.gov) or the American Cancer Society at 1-800-ACS-2345 (cancer.org).

If you have any questions about your general health not related to the radiation, please call your primary care provider.



Notes



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