

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities



American Cancer Society Circle Of LifeSM
Cancer Education and Wellness for American Indian and Alaska Native Communities

Wellness along the Cancer Journey:

Treatment

Revised October 2015

Chapter 7: Appendices



Circle Of Life: Cancer Education and Wellness
for American Indian and Alaska Native Communities

Appendices

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Appendix A: Symptom Self-management Worksheet

Use these sheets to identify your physical problems. In the third column (My Plan), write down possible solutions. Remember, *you may or may not* have these problems. People vary in their reactions to disease and treatment.

Side Effect: Hair Loss (Alopecia)		
Why It Exists	How to Cope	My Plan
<p>Radiation and chemotherapy kill cancer cells, but also kill some normal cells, especially those that reproduce rapidly such as those in hair follicles.</p> <p>Radiation to the head and neck can cause loss of scalp and facial hair. Chemotherapy can cause loss or thinning of hair, including eyebrows, eyelashes, and body hair.</p>	<p>This condition is almost always temporary.</p> <p>You may wish to use wigs, turbans, or scarves. You might want to go to a beautician before treatment to match the color of your hair. If you get a prescription from your doctor, wigs are often covered by insurance.</p> <p>Synthetic wigs need less care and styling than human-hair wigs. They also cost less and may be easier to use if your energy is low during treatment.</p> <p>Use sunscreen, sunblock, a hat, or a</p>	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>turban to protect your scalp from the sun.</p> <p>The American Cancer Society “<i>tlc</i>” <i>Tender Loving Care</i>® publication offers products for women coping with breast cancer or any cancer treatment that causes hair loss, as well as advice on how to use these products. Products include wigs, hairpieces, hats, turbans, and accessories.</p> <p>To request a copy of the publication, visit tlccatalog.org or call 1-800-850-9445.</p>	
--	--	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Loss of Appetite		
Why It Exists	How to Cope	My Plan
Chemotherapy, radiation therapy, inactivity, or uncontrolled pain may cause loss of appetite.	<p>Look for ways to stimulate the appetite such as:</p> <ul style="list-style-type: none">• Talk with your health care provider about what may be causing your poor appetite.• Think of food as a necessary part of treatment.• Eat small, frequent meals.• Eat as much as you want, but don't force yourself to eat.• Try foods that are high in calories and easy to eat, such as pudding, ice cream, yogurt, milkshakes, or cream soups.• Try light exercise an hour before meals.• Create pleasant settings for meals. Soft music, conversation with family members, and other distractions may help you eat	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>better.</p> <ul style="list-style-type: none">• Drink most of your liquids between meals (liquids at mealtime can fill you up).• Keep easy-to-prepare foods handy.• Try new foods and strong flavorings or spices. <p><u>When to call your health care team:</u></p> <ul style="list-style-type: none">• When you can't eat for a day or more• If you are unable to drink or keep down liquids• If you vomit for more than 24 hours• If you have pain when eating• If you lose 5 pounds or more• If you don't pass urine for 12 hours, or if it comes out in small amounts, smells strong, or is dark colored• If you have no bowel movement	
--	---	--

Circle Of Life: Cancer Education and Wellness
for American Indian and Alaska Native Communities

	for 3 days	
--	------------	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Changes in Mood, Behavior, Emotional State		
Why It Exists	How to Cope	My Plan
<p>A person being treated for cancer may face many different emotions because of fear of what is ahead. These may include disbelief, shock, sadness, depression, anxiety, and anger.</p> <p>Personality changes sometimes are caused by drugs used to treat cancer. Some degree of depression is common. When a person's emotional upset is long lasting or interferes with the ability to carry on day-to-day activities, there is reason for concern.</p>	<p>You and your family need to know that this change is a predictable response to a difficult situation. Sometimes a simple remark can help, such as, "It must be hard" or "I can see this isn't easy for you." Knowing these feelings may occur makes it easier to keep them in perspective.</p> <p>The physical effects of cancer and cancer treatment influence a person's ability to function well. For example, patterns of daily activities such as eating and working may change. This can be frustrating. Remember, these changes usually go away after treatment.</p> <p>If mood or behavior changes are severe or persist over a long period of</p>	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>time, ask for professional help. Your cancer team may be able to refer you to someone.</p> <p>When to call your health care team:</p> <ul style="list-style-type: none">• If you are unable to perform your daily activities• If you are having suicidal thoughts or thinking of hurting yourself• If you are unable to eat or drink anything• If you have trouble breathing, are sweating, are feeling very restless, or have a pounding heartbeat• If you are having problems with sleep• If you feel sad or “empty” almost every day for most of the day	
--	---	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Constipation		
Why It Exists	How to Cope	My Plan
Some chemotherapy drugs and pain medicines cause constipation. This can also occur if you are inactive or eating a diet low in fiber.	<p>Try the following:</p> <ul style="list-style-type: none">• Increase the amount of fiber in your diet, which includes whole-grain breads and cereals, bran, fruits and vegetables, and dried fruit.• Drink lots of fluids.• A glass of prune juice, coffee, tea, or warm water ½ hour before your usual bowel movement may help.• Get as much light exercise as you can.• Ask your health care provider before you take a stool softener or laxative. <p>When to call your health care team:</p> <ul style="list-style-type: none">• If there is blood in the stool or around the anus• If there is a change in consistency	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>or color of stools</p> <ul style="list-style-type: none">• If you have belly cramps or vomiting that doesn't stop• If you have not had a bowel movement in 3 days• If you do not have a bowel movement within 1 or 2 days of taking a laxative	
--	---	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Diarrhea		
Why It Exists	How to Cope	My Plan
<p>Some drugs such as antibiotics, drugs used in chemotherapy, or drugs given to prevent vomiting can cause diarrhea.</p> <p>Radiation therapy to the abdomen or pelvis can also cause diarrhea.</p> <p>Certain types of bacteria or virus can also cause diarrhea.</p>	<p>You might try these ideas:</p> <ul style="list-style-type: none">• Try a clear liquid diet (water, weak tea, apple juice, peach nectar, clear broth, popsicles, and gelatin with no solids added) as soon as diarrhea starts or when you feel that it's going to start.• Avoid foods that are high in fiber or can cause gas or cramps such as raw fruits and vegetables, coffee, beans, cabbage, whole-grain breads and cereals, sweets, and spicy foods.• Eat frequent small meals.• Avoid milk and milk products if they make diarrhea worse.• When the diarrhea starts to improve, try eating small amounts of low-fiber foods such as rice, bananas, applesauce, yogurt, mashed potatoes, low-fat cottage	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>cheese, and dry toast.</p> <ul style="list-style-type: none">• Be sure your diet includes foods that are high in potassium (bananas, potatoes, apricots, and sports drinks), an important mineral that you may lose through diarrhea. <p>When to call your health care team:</p> <ul style="list-style-type: none">• If there is blood in your stool• If your temperature is 100.5° F or higher when taken by mouth• If you have been constipated for several days and then start having small amounts of liquid stool (which could suggest severe constipation)• If you have new belly pain or cramps for 2 days or more• If you do not urinate for 12 hours or more• If you have 6 or more loose bowel movements in one day and no improvement in 2 days• If you lose 5 pounds or more after	
--	---	--

Circle Of Life: Cancer Education and Wellness
for American Indian and Alaska Native Communities

	<p>the diarrhea starts</p> <ul style="list-style-type: none">• If your belly becomes bloated or swollen• If you are unable to drink or keep down liquids	
--	---	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Fatigue		
Why It Exists	How to Cope	My Plan
Reasons for fatigue include: <ul style="list-style-type: none">• Cancer treatment• Low red blood cell counts (anemia)• Cancer by-products circulating in the blood• The emotional drain of coping with cancer• Nutritional problems from loss of appetite• Dehydration from nausea and vomiting or diarrhea• Pain• Trouble sleeping	Chart on the calendar day by day to see when your fatigue is worse or better. You might want to try these energy-saving ideas: <ul style="list-style-type: none">• Plan important activities for times when you have the most energy.• Get enough rest and sleep. You may need short naps and rest breaks.• Let friends and family help with meals, housework, or errands.• Physical activity can help reduce fatigue. Talk with your cancer team about the best way to start.• Eat balanced meals and snacks that have protein and plenty of water.• Schedule necessary activities throughout the day rather than all at once.	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>When to call your health care team:</p> <ul style="list-style-type: none">• If you have confusion or can't think clearly• If you can't get out of bed for more than 24 hours• If you feel out of breath or have a racing heart after a small activity• If you have a change in sleep patterns• If the fatigue keeps getting worse	
--	--	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Low White Blood Cell Counts (Higher Risk of Infections)		
Why It Exists	How to Cope	My Plan
<p>A person with cancer may have a low white blood cell count for a number of reasons, such as chemotherapy, radiation treatment, or the cancer itself.</p> <p>A person being treated for cancer is at a higher risk for getting an infection when they have a low white blood cell count.</p>	<ul style="list-style-type: none">• Check your temperature by mouth any time you don't feel well.• Be safe with foods. Thaw meats in the refrigerator or microwave – never at room temperature. Cook foods right after thawing.• Refrigerate leftovers within two hours of cooking.• Keep hot foods hot and cold foods cold.• Cook all meat, poultry, and fish thoroughly; avoid raw eggs or raw fish.• If you eat raw foods, wash them carefully and peel them.• Avoid untested well water.• Be cautious when eating out – avoid salad bars and buffets.• Avoid crowds, and don't visit with people who have infections,	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>coughs, or fevers.</p> <ul style="list-style-type: none">• Avoid contact with animal urine and feces (stool).• Wash cuts and scrapes with soap and water each day, use antibiotic ointment, and keep covered until healed. Report redness, swelling, tenderness, or drainage to your health care provider.• Avoid activities that can cause cuts in the skin. Safer forms of exercise may be permitted.• Wash hands after using the bathroom or visiting public places. Use hand sanitizer when you don't have soap and water.• Take acetaminophen (Tylenol) for a fever only after you get the OK from your cancer team. <p>When to call your health care team:</p>	
--	---	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<ul style="list-style-type: none">• If your temperature is above 100.5° F when taken by mouth• If you are unable to drink fluids• If you have shaking chills• If you cannot take prescribed medications• If you have a sore throat, burning on urination, shaking chills, new cough or shortness of breath, new area with redness or swelling or new belly pain	
--	---	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Nausea and Vomiting		
Why it Exists	How to Cope	My Plan
<p>Some drugs used in chemotherapy and some radiation treatments can affect the vomiting center in the brain or irritate the stomach lining.</p> <p>Some people may be affected and others may not; responses vary from person to person.</p>	<p>If nausea/vomiting occur, there are many ways to reduce your discomfort.</p> <ul style="list-style-type: none">• Ask your health care provider for anti-nausea medicine. You may have to try several medicines to find the one best for you.• Be sure to take nausea medicine on a regular basis when you first notice nausea or if you're vomiting. Be still and take slow deep breaths while you're waiting for it to work.• Sip slowly on clear cold liquids (clear liquids are those you can see through, like ginger ale, apple juice, broth, or tea). You might also try frozen pops or gelatin.• Avoid strong cooking odors. Eat foods cold to reduce the smell• Avoid greasy or fried food and overly sweet foods.	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<ul style="list-style-type: none">• If you've stopped vomiting and can hold down liquids, try bland foods, such as dry toast and crackers• Try small amounts of foods high in calories that are easy to eat, like pudding, yogurt, milkshakes, or ice cream• Try resting or lying down after eating.• Suck on hard candy with pleasant smells, like lemon or mint, to help with bad tastes in your mouth (if you don't have mouth sores). <p>When to call your health care team:</p> <ul style="list-style-type: none">• If nausea/vomiting lasts longer than 12 hours and you can't keep liquids or food down• If you have belly pain and cramping• If you may have inhaled some of the vomited material• If you can't take more than 4 cups	
--	---	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>of liquid or ice chips in a day, or you can't eat for more than 2 days</p> <ul style="list-style-type: none">• If you feel weak, dizzy, or confused• If you cannot take your medicines• If you vomit blood or material that looks like coffee grounds• If you lose 2 or more pounds in 1-2 days. This means you're losing water and might be getting dehydrated• If your urine becomes dark or you don't have to pass it as often as usual	
--	---	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Sores in the Mouth (Oral mucositis)		
Why it Exists	How to Cope	My Plan
<p>Like those of hair follicles, the cells of the mucous membranes of the mouth may be damaged by chemotherapy drugs and radiation if given to the head and neck area. Infection can also be the cause of mouth sores.</p>	<ul style="list-style-type: none">• If your mouth is dry, try liquids or moist foods.• For sore mouth or throat, eat mainly soft, cold foods, such as ice cream, popsicles, sherbet, watermelon, or grapes.• Moist foods, pureed foods, and cold drinks may be easier to take in.• If mouth pain makes it hard to eat, talk with your health care provider about medicines that can be swished or painted on a painful sore with a cotton swab before meals. If that doesn't work, ask about other pain medicines you can take before meals. <p>Other suggestions include:</p> <ul style="list-style-type: none">• Try using a straw to bypass sore	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>spots.</p> <ul style="list-style-type: none">• Avoid acid fruits and juices, such as tomato, orange, grapefruit and lemon.• Don't drink fizzy drinks or alcohol• Don't use tobacco.• Don't eat very salty, spicy, and sugary foods• Avoid raw vegetables and fruits, and other hard, dry, or crusty foods, such as chips or pretzels• Good mouth care is important:<ul style="list-style-type: none">○ Use a very soft toothbrush or soft foam mouth swabs (from the drugstore) to clean teeth.○ Don't use toothpaste with hydrogen peroxide, which can irritate mouth sores.○ Use petroleum jelly, lip balm, or cocoa butter to keep lips moist.○ Avoid store-bought mouthwashes. They often	
--	--	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>contain alcohol or irritants.</p> <ul style="list-style-type: none">○ Rinse mouth before and after eating with 1 cup warm tap water mixed with 1/4 tsp. salt and 1/4 tsp. baking soda. <p>When to call your health care team:</p> <ul style="list-style-type: none">● If bleeding, sores, red shiny areas, or white patches develop in your mouth or throat● If you have taken in very little food and fluid for the past 2 days● If you cannot take medicines● If your temperature is over 100.5° F when taken by mouth	
--	--	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Pain		
Why It Exists	How to Cope	My Plan
<p>People with cancer may have pain for a number of reasons. It may be due to the cancer itself, or it could result from tests, procedures, or treatments. For example, after surgery a person feels pain as a result of the operation.</p> <p>The pain also could be unrelated to the cancer – a muscle sprain, toothache, or headache.</p> <p>Pain may be acute or chronic. Acute pain lasts a fairly short time. It is usually a sign that body tissue is being injured in some way, and the pain generally decreases as the injury heals (such as pain after surgery).</p>	<p>It is important to get relief from pain whatever the cause. Pain can interfere with your normal activities such as sleeping, eating, and enjoying friends and family. It can cause depression, anger, tiredness, worry, loneliness, and stress. Taking care of your pain helps you feel stronger and cope better with your cancer. You have a right to have your pain managed. You can help yourself by asking your health care provider for pain relief when you need it. Medicine and other treatments can almost always help your pain.</p> <p>Here are some things you can do:</p> <ul style="list-style-type: none">• Describe your pain to your health care provider. Rate your pain on a scale of 1 to 10.	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

<p>Chronic pain lasts a longer time, and may range from mild to severe.</p>	<ul style="list-style-type: none">• Tell them all the places you hurt, how strong the pain feels, what makes your pain worse, what eases your pain, and how much relief you get from medications you now take.• Ask what medicines can be given for your pain.• Ask how and when you should take the medicine, and for how long.• Ask what side effects are common, if they can be prevented, and what should be done if they occur.• As you try new medicines, tell your cancer team if the medicine is relieving your pain well enough for you to do normal things.• You may need to take long-acting medicines on a schedule around the clock to get control of your pain. If you have pain that “breaks	
---	--	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>through” these drugs, your cancer team may offer a fast-acting medicine to take between doses of the long-acting medicine. It’s important to take these medicines at the first sign of pain. After pain gets severe, it takes a lot more medicine to get it under control.</p> <p>Consider other ways along with medicines to help ease your pain, like applying heat or cold, relaxation, massage, and distraction (reading, TV, music, hobby).</p> <p>Not everyone with cancer has pain, but if you do, don’t let fear keep you in pain. For example, taking medicines regularly for your pain should not make you feel like an “addict.” You are following your health care provider’s advice and getting a</p>	
--	---	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>treatment you need. People with cancer rarely become addicted to their medicines. Discuss any fears or concerns you have with your health care provider or pharmacist.</p> <p>You may also want to keep a daily diary of your pain and the medicines and nondrug methods you use to manage your pain. (See the Assessment Handout.) Keeping a diary can help your health care provider know what works best for you.</p> <p>When to call your health care team:</p> <ul style="list-style-type: none">• When you are still having pain despite taking prescribed medications• If any new pain or symptom starts• If you have trouble eating or can't stay awake	
--	--	--

Circle Of Life: Cancer Education and Wellness
for American Indian and Alaska Native Communities

	<ul style="list-style-type: none">• If you are having trouble sleeping• If you become constipated, nauseated, or confused• If you are less able to move around and do things	
--	--	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Skin Changes		
Why It Exists	How to Cope	My Plan
<p>Skin changes can be caused by cancer drugs or radiation.</p> <p>Changes may include redness, tanning, and occasional peeling of the skin. Some people have skin rashes, edema (swelling) that stretches or weakens the skin, or ridging and discoloration of the fingernails.</p>	<p>Talk with your cancer team about any skin problems you notice. Sometimes treatments have to be changed.</p> <p>Ask your radiation oncologist or nurse for instructions during radiation treatment. Keep radiated skin out of the sun.</p> <p>Use long sleeves, wide-brimmed hats, sunglasses, and broad-spectrum sunscreen, SPF 30 or higher, to protect all of your skin from the sun. Protect the affected areas from heat and cold.</p> <p>Wear soft, loose- fitting clothes and avoid pressure on affected areas</p> <p>Keep your skin clean and dry, and watch for early signs of infection.</p> <p>Be gentle with your skin:</p> <ul style="list-style-type: none">• Use cool or warm water for	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>bathing and pat dry.</p> <ul style="list-style-type: none">• Avoid after shave and splashes that contain alcohol.• Check with your health care provider before using a lotion or cream. <p>When to call your health care team:</p> <ul style="list-style-type: none">• If skin changes get worse• If you have signs of infection such as an open sore, pus (drainage), redness, or tenderness• If you have a new rash or any sign of blisters on the skin• If you have severe itching• If urine turns dark or orange for a day or more• If skin or whites of the eyes start looking yellowish, or if stool looks white or clay colored	
--	---	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Taste Changes		
Why It Exists	How to Cope	My Plan
<p>Some chemotherapy drugs can cause foods to change taste; for example, some people find that sweets taste sweeter. Others may notice a funny taste or metallic taste as some cancer drugs are being injected. Foods containing protein can taste bitter. Radiation to the head and neck area can also cause dry mouth and changes in taste.</p>	<p>Try the following suggestions to overcome this eating problem:</p> <ul style="list-style-type: none">• Choose protein foods cold or at room temperature such as cheese, cold luncheon meats, tuna, chicken, or ham salads, peanut butter, eggs, ice cream, milkshakes, puddings, and custards.• Marinate meats in fruit juices or sweet wines to disguise the bitter aftertaste.• Tart foods will help with bitter tastes in the mouth – try lemon ices, sherbets, or lemonade.• Try using plastic utensils instead of metal ones to reduce the metallic taste.• Rinse mouth frequently with a mild solution of 1 cup of warm	

Circle Of Life: Cancer Education and Wellness
for American Indian and Alaska Native Communities

	<p>water with 1/4 teaspoon salt and 1/4 teaspoon baking soda.</p> <p>When to call your health care team:</p> <ul style="list-style-type: none">• If taste changes limit your food intake and you are losing weight• If you have other mouth and throat symptoms such as mouth dryness, sores, or redness	
--	---	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Urinary Problems		
Why It Exists	How to Cope	My Plan
<p>Some drugs or radiation to the bladder area can cause irritation of the bladder lining.</p> <p>Surgery for prostate cancer can also affect the passing of urine. These problems may take some time to get better.</p> <p>Certain drugs cause the urine to look red or greenish blue.</p> <p>Urinary problems may also be a symptom of an infection.</p>	<p>Drink 2-3 quarts of liquid a day (this is 8-12 eight-ounce glasses). An easy way to remember is to fill containers with three quarts of liquid at the start of your day.</p> <p>When to call your health care team</p> <ul style="list-style-type: none">• If you notice pain, burning, or blood when you pass urine• If you have trouble passing your urine• If your urine turns dark (very deep yellow, orange, or brown), smells bad, or if you don't have to pass urine as often as normal• If urine is leaking or dribbling, or if you pass urine before you can get to the bathroom• If you have a fever of 100.5° F	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Weight Gain		
Why It Exists	How to Cope	My Plan
<p>Sometimes a person gains excess weight during treatments without eating extra calories.</p> <p>Certain medications, such as prednisone, can cause the body to hold on to fluid, causing weight gain; this is called edema (swelling).</p> <p>Weight gain may also be the result of decreased activity or an increased intake of foods.</p>	<ul style="list-style-type: none">• Pay attention to portion sizes.• Drink at least 8 eight-ounce glasses of water each day.• Limit high-calorie/high-fat foods like cakes, pies, cookies, deep-fried foods, excess oils, dressings and spreads, sweetened drinks, and sodas.• Increase your activity level – even moderate forms of exercise like walking will help.• For swelling, talk with your cancer team about what to do. If you need to limit your salt intake:<ul style="list-style-type: none">○ Do not use salt at the table.○ Avoid foods that are high in salt such as bacon, luncheon meats, hot dogs, sausage, prepared foods, bouillon, canned and dehydrated soups, frozen	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<p>dinners, and salted snacks. Read food labels for sodium levels.</p> <ul style="list-style-type: none">○ For swollen feet, lie down with your feet on 2 pillows. When sitting, put your feet up as well.● Weigh yourself each morning at the same time and keep notes for the cancer team to track changes (very fast changes are usually changes in water, which can be serious) <p>When to call your health care team:</p> <ul style="list-style-type: none">● If you gain 5 pounds or more in a week● If you have shortness of breath or trouble breathing● If you haven't passed urine for 12 hours, or if you have passed very little urine for a day or more● If you have swollen ankles, a swollen face and neck, or a swollen	
--	---	--

Circle Of Life: Cancer Education and Wellness
for American Indian and Alaska Native Communities

	<p>belly</p> <ul style="list-style-type: none">• If you can press a finger into a swollen area and the fingertip mark remains• If the swollen area is getting red or feels hot	
--	---	--

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Side Effect: Weight Loss		
Why It Exists	How to Cope	My Plan
<p>Treatment or the cancer itself can cause changes in appetite leading to weight loss.</p> <p>Mouth sores, nausea, vomiting, and diarrhea can be side effects of treatment or complications of cancer that can cause weight loss. See those sections in this module.</p>	<ul style="list-style-type: none">• Review the suggestions under “Loss of Appetite”.• Keep a record of foods eaten each day.• Talk with your health care provider about why you are losing weight• Eat snacks high in calories and protein between meals.• You can try meal supplements like store-bought liquid supplements (Sustacal®, Ensure®, Boost®, etc.). Home-made smoothies or milkshakes with extra protein or powdered milk may taste better and cost less.• Try to eat most of your calories when you are feeling your best – for many, this is in the morning.• Eat 5 or 6 small meals per day instead of 2 or 3 larger ones.	

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

	<ul style="list-style-type: none">• To gain weight, try light activity and foods with extra calories.• Half a pound gain per week is a reasonable goal.• Weigh yourself each morning at the same time and keep notes for the cancer team (very fast changes are usually changes in water, which can be serious). <p>When to call your health care team:</p> <ul style="list-style-type: none">• If you are vomiting or are putting out very little urine• If you are faint, dizzy, or having times of confusion• If you lose 5 pounds or more in one week	
--	---	--