



Oral Care

Good oral care is important during cancer treatment. Chemotherapy can cause sores in the mouth and throat making these tissues dry, irritated and/or bleeding. To avoid irritation, brush your teeth and gums after each meal using a soft toothbrush. Avoid commercial mouthwashes that contain peroxide or alcohol. Choose soft soothing foods, such as ice cream, bananas, mashed potatoes, custards, puddings, etc. Avoid irritating acidic foods such as citrus, tomatoes, spicy or salty foods, and rough, coarse or dry foods.

Emotional Issues

Chemotherapy brings major changes to a person's life. The stress of dealing with your diagnosis, deciding on treatment, and dealing with the treatment process and its side effects is very challenging. In addition, chemotherapy agents themselves can affect your mood. Many people may feel anxious, fearful, angry or depressed at some point during their treatment. You may lose interest in being intimate with your partner. These emotions are normal and understandable.

Seek support and share your feelings with your friends and family, as well as care-givers such as your social worker and patient support groups. If you have questions or worries, talk with members of your health-care team.

Contributing to the Community's Health

Frequently people inquire as to how they may make a contribution to the community's health. We encourage you to consider Glendale Adventist Medical Center's Healthcare Foundation whenever you or your family desire to make a difference in the health of our community. For more information, please call (818) 409-8055.

Physician Referral (818) 409-8100

CANCER SERVICES
CHEMOTHERAPY

HEALTH CONNECTIONS

Managing Chemotherapy Side Effects

at Glendale Adventist
Medical Center



There are different side effects from chemotherapy. Your doctor will discuss with you which are specific to your treatment.

www.glendaleadventist.com

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