



You will be receiving radiation therapy treatments to your chest area. Some of the possible side effects that you may experience during treatments can include: skin irritation, fatigue, a sore throat and a dry cough. Measures that you can take to minimize these side effects are listed below.

Chest Radiation Therapy

INSTRUCTIONS FOR PATIENTS RECEIVING RADIATION THERAPY TO THE CHEST AREA



Skin Care: It is okay to bathe or shower daily with a mild soap. Wash the treatment area gently. Do not scrub the skin. If you have ink marks on your skin, please do not wash them off. Gently pat the skin dry.

During the course of your radiation therapy treatments, we ask that you put nothing on the skin in the treatment area except for the products recommended by the physician or nurse. Use moisturizers for dryness and over-the-counter hydrocortisone cream for itchiness. Apply products twice daily or as needed. We do not want the skin “greasy” when you come in for treatment. Underarm deodorant may be used.

Avoid the use of hot or cold in the treatment area. This includes the use of heating pads, hot packs, hot water bottles, ice packs, and ice bags. It is okay to use an electric blanket. Avoid the use of tape or Band-Aids in the treatment area.



Sun Exposure: During treatment, avoid exposing the skin in the treatment area to direct sunlight or tanning beds. If you plan on being in the sun for an extended period, cover the skin with clothing or broad-spectrum sunscreen with an SPF of 30 or higher. The treatment area will *always* be more sensitive to the sun and tanning beds.



Esophagitis: Toward the end of therapy, you may notice some irritation of the esophagus (esophagitis). You may notice a sore throat, a lump in the throat, difficulty swallowing or a burning sensation (like heartburn). Please let your doctor or nurse know if you experience any of these symptoms. They can recommend the use of certain products to relieve these feelings. It is essential that you avoid alcohol (beer, wine, mixed drinks) and products that contain alcohol (cough syrups, Nyquil). Avoid the use of tobacco products. Breathing air that has tobacco smoke will irritate your lungs and throat. Carbonated beverages, spicy foods, crunchy foods, extremely hot or extremely cold foods, and acidic foods (tomato sauce, citrus fruits, coffee) should be avoided as well.



Fatigue: Loss of energy is a common side effect of radiation therapy. Endurance, stamina, concentration, and motivation may all decrease as a result of fatigue. Conserve your energy and rest when you need to. Eat a well-balanced diet and stay well-hydrated by drinking plenty of water. Exercise such as walking or yoga can improve your energy. Respect your body's limitations—if you hurt while exercising, stop.



Nutrition: During your course of therapy, it is very important to maintain your weight. We suggest a diet high in protein and healthy fats. Your nurse will be checking your weight frequently. We can suggest food supplements if weight loss occurs. It is not unusual to notice a decrease in appetite during radiation therapy. You will need to make a conscious effort to maintain adequate calorie intake. Frequent, small meals (every 2-3 hours) may be tolerated better than three large meals a day.



Duration: Side effects may worsen the final week of treatment and the week after radiation treatments are completed. Most of these side effects gradually subside within 4-8 weeks after treatment. Please call our office if you have any questions at any time during or after your radiation treatments.
