

CANCER CENTER



**THE QUEEN'S
MEDICAL CENTER**

Chemotherapy Resource Guide





Aloha!

Thank you for choosing Queen's Cancer Center to help you or your family member through the cancer care journey. The following information is designed to help you through chemotherapy treatment.

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We offer a variety of classes and support groups for cancer patients.

Most of these classes are facilitated by a registered or licensed professional.

If you would like to receive a listing by mail or email, please call: **808 691-8984**

or email: dsardinha@queens.org.

MAHALO!

Additional resources from the American Cancer Society. Getting help for:

- [Chemotherapy What it is, How it helps](#)
- [Cancer Pain](#)
- [Chemo Brain](#)
- [Diarrhea](#)
- [Distress](#)
- [Fatigue](#)
- [Hair Loss](#)
- [Mouth Sores](#)
- [Nail Changes](#)
- [Nausea and Vomiting](#)
- [Peripheral Neuropathy](#)
- [Skin Changes](#)
- [Sleep Problems](#)



What to Expect During Chemotherapy

Preparing for chemotherapy

- First, you may be told to show up a couple of hours early to get blood work drawn. This is to make sure you're able to get your chemotherapy treatment.
- Use the extra time to relax before you go to your chemotherapy appointment.
- When you arrive at the chemotherapy clinic, and they have your lab results, when a room is available, you'll be called back to have your vital signs taken.
- Once you are cleared at the vitals station, you will be taken to your chemotherapy room for your infusion.
- At Queens Cancer Center, you will have a TV, Internet access, a bed or a recliner and best of all, warm blankets.
- They also have food service at lunch and dinner if you're hungry.
- At Queens Cancer Center, you're allowed to have one to two caregivers with you in the infusion room.

Getting started with chemotherapy

- Once you're in the infusion suite, the nurse will order your chemotherapy medications and any pre-medications that are required from the pharmacy.
- It usually takes at least 30 minutes for the drugs to arrive. Some of the pre-medications may be steroids, anti-nausea medications and/or anxiety medications.
- Each doctor will send an order to the infusion room telling them what chemotherapy and pre-medications to administer.
- In the meantime, your nurse will access your "Power Port", "I Port" or "Port a Cath", if you have one, or will just start an IV in your arm.
- Your nurse will begin with a saline solution through your IV.
- As soon as the medications are delivered, your nurse will hang the bags of medication on the IV stand and then start the different IVs.
- You'll be given pre-medications first, then the chemotherapy.

During chemotherapy

- The steroids may give you energy; the allergy drugs and anti-anxiety drugs may make you sleepy.
- It's important that you have a caregiver with you to get you to and from chemotherapy the first time, as you don't know how you'll feel after you're done.

What to Expect During Chemotherapy (continued)

During chemotherapy (continued)

- The length of time for chemotherapy regimens can range from a 5 minutes to 8 or more hours. It all depends on the chemotherapy.
- Throughout the chemotherapy, your nurse will come in and check your vitals and make sure you aren't reacting to the medications.
- In the meantime, use your infusion time to relax, visit, eat, work, whatever you want to do.
- The IV stand will even roll with you in case you want to take a walk or need to use the restroom.

After Chemotherapy

- After the chemotherapy is finished, the nurse will "flush" your IV line with saline and then de-access your port or take out your IV.
- You may have you wait 30 minutes after the chemotherapy is done to make sure you don't have any reactions to the medications.
- At that point, you can go home. Again, depending on your pre-medications and chemotherapy, you may have lots of energy or may feel very sleepy later in the day.
- Once your chemotherapy is done, start taking your anti-nausea medication. Your provider would have given you a prescription to have filled at the pharmacy prior to chemotherapy.

Iron Rich Diet

General Information: What is an iron-rich diet?

- An iron-rich diet is a diet that includes rich sources of iron each day. You or your child may need to follow an iron-rich diet to treat or prevent a low blood iron level. People need extra iron during childhood, adolescence (teenage years), and pregnancy.
- Iron is a mineral the body needs to make hemoglobin (HE-mo-gloh-bin). Hemoglobin helps carry oxygen from your lungs to the rest of your body. A low blood iron level may be caused by not getting enough iron from food or by losing blood. If you do not have enough iron in your blood, you may get iron deficiency anemia. Iron deficiency anemia may cause problems with a child's growth and development, and cause other health problems in adults.

What are some iron-rich foods?

- **Very good sources (3.5 mg or more per serving):**
 - Three ounces of beef or chicken liver.
 - Three ounces of clams or mollusks.
 - Three ounces of oysters.
- **Good sources (2.1 mg or more per serving):**
 - Three ounces of cooked beef (ground or steak).
 - Three ounces of canned sardines (canned in oil).
 - Three ounces of cooked turkey.
- **Other sources (0.7 mg or more per serving):**
 - Three ounces of chicken.
 - Three ounces of halibut, haddock, perch, salmon, and tuna.
 - Three ounces of pork (ham).
 - Three ounces of veal.

Other iron-rich foods: Other foods also contain iron, but your body does not absorb the iron from these foods as well. To increase iron absorption (ab-SORP-shun) from the following foods, eat a **good source of Vitamin C at the same time**. Eating a food from the **meat, fish, and poultry group at the same time** will also increase iron absorption. The amount of iron that is found in these foods is listed below:

- **Very good sources (3.5 mg or more):**
 - Breakfast cereals enriched with iron (see food label for serving size).
 - One cup of cooked beans (white beans, soybeans, lentils or chickpeas).
 - One-half of a cup of tofu.
 - One ounce of pumpkin, sesame, or squash seeds.
- **Good sources (2.1 mg or more):**
 - One-half cup of canned lima, red kidney beans, chickpeas or split peas.
 - One cup of dried apricots.



Iron Rich Diet (continued)

- One medium baked potato.
- One medium stalk of broccoli.
- One cup of cooked enriched egg noodles.
- One-fourth of a cup of wheat germ.
- **Other sources (0.7 mg or more):**
 - One ounce of peanuts, pecans, walnuts, pistachios, roasted almonds, roasted cashews, or sunflower seeds.
 - One-half of a cup of dried seedless raisins, peaches, or prunes.
 - One cup of spinach.
 - One medium green pepper.
 - One cup of pasta.
 - One slice of bread, pumpernickel bagel, or bran muffin.
 - One cup of rice.

What are good sources of vitamin C? Eating a source of vitamin C with (non-meat) iron-rich foods can help your body to absorb more iron. Some foods that are good sources of vitamin C are listed below:

- **Fruits:**
 - One cup of fresh orange juice (124 mg).
 - One cup of raw strawberries (98 mg).
 - One cup of pink grapefruit juice (94 mg).
 - One orange (70 mg).
 - One cup of cantaloupe (59 mg).
 - One-half of a grapefruit (39 mg).
- **Vegetables:**
 - One cup of sweet, red, raw peppers (283 mg).
 - One cup of fresh boiled broccoli (101 mg).
 - One cup of cooked brussel sprouts (97 mg).
 - One cup of cooked peas (77 mg).
 - One cup of cooked cauliflower (55 mg).
 - One cup of tomato juice (44 mg).

What foods decrease the amount of iron that your body absorbs from foods?

There are certain foods that keep your body from absorbing iron from iron-rich foods. These foods include coffee and tea, high-fiber foods and soy products (tofu, soybeans). To increase the absorption of iron in your foods, do the following:

- Drink coffee and tea separately from meals that contain iron-rich foods.
- Eat high-fiber foods and soy products with a good source of vitamin C to increase the absorption of iron. You can also eat high-fiber foods and soy products with meat, fish, or poultry (chicken) to increase iron absorption.

Iron Rich Diet (continued)

What other diet guidelines should I follow?

- Food that is cooked in iron skillets or pots, steel woks and steel cookware may add extra iron to foods.
- Include iron-rich foods in your diet every day to increase your blood iron level. Ask your caregiver how much iron you or your child needs each day.
- Limit the amount of cow's milk and juice that you give to children between one and three years old. Children only need about 24 ounces of milk each day. When children drink too much milk and juice, they may eat less iron-rich foods. This may cause them to have a low level of iron in their blood.
- Feed your child iron-rich foods that will not cause your child to choke. Iron-rich nuts and seeds may cause children under the age of five years to choke.

Risks:

- Not including iron-rich foods in your diet every day may cause your iron levels to decrease. This may lead to iron-deficiency anemia, especially during periods when your body needs extra iron.
- Iron deficiency anemia may cause problems with your child's growth and development. If you have iron deficiency anemia, you may have other health problems. It may take longer for you or your child to increase your blood iron level if you do not follow an iron-rich diet.

CARE AGREEMENT:

You have the right to help plan your care. To help with this plan, you must learn about your diet. You can then discuss treatment options with your caregivers. Work with them to decide what care may be used to treat you. You always have the right to refuse treatment. Remember to call your doctor's office for your next appointment or for more information.

Power Packed Munchies

Try any of these lightweight, middleweight or heavyweight calorie or protein packed snacks to build up your energy and weight. Each of these tasty snacks will provide you with at least half an ounce of protein.

Lightweight Snacks (Calories: approximately 150 to 250)

- Deviled egg
- Instant breakfast or granola bar
- Trail mix (assorted nuts & dried fruit)
- A slice of sweet bread or crème crackers spread with peanut butter
- Manapua
- Tako poke or dried fish with poi
- Celery stick or apple wedges dipped into peanut butter
- Peach halves or pineapple rings topped with cottage cheese
- Frozen yogurt or ice cream bar
- Hot cocoa made with whole milk or cream topped with marshmallow or whipped cream
- Cream soup made with whole milk or cream and topped with grated cheese
- Yogurt or tofu smoothie (Blend $\frac{1}{2}$ cup tofu or yogurt with $\frac{1}{2}$ cup orange juice, $\frac{1}{2}$ banana and 2 tsp. sugar)

Lightweight Snacks (Calories: approximately 250 to 350)

- Hot cereal prepared with $\frac{1}{4}$ cup cream and topped with $\frac{1}{2}$ cut fruit yogurt or margarine, and brown sugar
- Saimin with cooked egg, char siu or barbeque stick
- Spam musubi
- Croissant with cheese
- Custard or pudding made with cream and topped with whipped cream
- Ice cream topped with chopped nuts or granola
- Rice or bread pudding with whipped topping
- Glass of whole milk with shortbread cookies, manju, mochi or kulolo
- Milkshake with added malt powder, fruit, skim milk powder or peanut butter
- Poi shake (Blend $\frac{1}{2}$ cup poi, $\frac{1}{2}$ cup whole milk and $\frac{1}{2}$ cup ice cream till smooth)

Heavyweight Snacks (Calories: approximately 350 or more)

- Banana with peanut butter and raisins
- Two slices of pepperoni pizza
- Slice of pound cake topped with $\frac{1}{2}$ cup ice cream
- Slice of custard or pumpkin pie topped with whipped cream and served with a glass of milk
- Tortilla chips served with melted cheese, sour cream, guacamole and refried beans
- Avocado, turkey and cheese sandwich

Try the following refreshing drinks

- Fruit Julius (Blend equal parts of cream, fruit juice and sherbet until frosty)
- Instant Breakfast Shake (Blend $\frac{1}{2}$ cup ice cream, $\frac{1}{2}$ cup whole milk and 1 package of Instant Breakfast powder)



WIGS – HEADCOVERINGS - HAIR LOSS GENERAL INFORMATION

WIGS FOR PURCHASE

- **SALON 808**

Address: 1585 Kapiolani Blvd., Honolulu

Phone: 808-942-7799 Email: alohasalon808@gmail.com

www.salon808.com

Henry (Hair Stylist/Specialist)

Hours: Mon., Tue., Thur., Fri. 9:00 am - 4:00 pm

Note: There is a catalog available at the salon to order wigs that take about 3 weeks to arrive. Please discuss with salon staff.

- **SHANGRI LA HAIR CENTER**

Address: 98-029 Hekaha St., Aiea

Phone: 808-486-7776

Hours: Wed. – Sat. 11:00 am - 5:30 pm

WEBSITES/ONLINE RESOURCES:

- The American Cancer Society – www.cancer.org
- Wigs, scarves, hats & ideas – www.headcovers.com

LOOK GOOD FEEL BETTER PROGRAM

A program for women facing cancer who are undergoing treatment or recently completed treatment. Beauty professionals help with makeup, skin, nails, and haircare. By appointment only-register for virtual classes at: lookgoodfeelbetter.org
Call 691-8984 for more information.



Advance Health Care Directive

What kind of medical care would you want if you were too ill or hurt to express your wishes? An Advance Directive is a legal document that allows you to convey your decisions about your medical care ahead of time. It provides a way for you to communicate your wishes to family, friends and health care professionals, and to avoid confusion later on. It also allows you to name a health care proxy (or healthcare agent). This is someone you trust to make health decisions if you are unable to do so.

Do you have one?

Do you want to complete one?

If so, please call one of the social worker's below:

Toni Gray, LSW: 808-691-8399

Debbie Chun, LSW: 808-691-5744

Amy Kuraoka-Goo, LCSW: 808-691-4779

Remember... A journey of a thousand miles begins with a single step.



Understanding Blood Counts



RBCs • Hemoglobin • WBCs • Platelets WHAT DO THEY MEAN?

Learning about RBCs (red blood cells), hemoglobin, WBC (white blood cells), and platelets are all a part of understanding blood counts. Blood counts tell us how many blood cells are in your body. The blood test that shows how many blood cells are in your body is called a complete blood count or CBC.

When you receive cancer treatment, chemotherapy and/or radiation therapy, the goal of the treatment is to get rid of cancer cells. These treatments also affect normal cells in your body, such as your blood cells. When blood cells are damaged, your body may not be able to replace them quickly. When this happens, the low blood counts can make you feel tired and put you at a higher risk for infections and/or bleeding.

It is important for your doctor to closely watch your blood counts to make sure they do not get too low. That is why blood samples are drawn often while you are getting treatment.

Where do blood cells come from?

Blood cells are made in the bone marrow. This spongy tissue fills the center of bones (the skull, breastbone, ribs, backbone, and pelvis) and makes blood cells. There are three types of blood cells. Each one has an important role in your body's function.

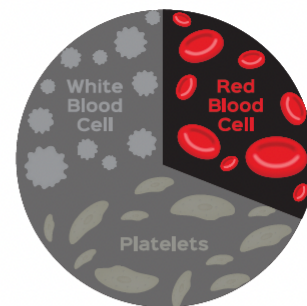
- **Red Blood Cells (RBCs)** carry oxygen in your body
- **White Blood Cells (WBCs)** help to fight infection
- **Platelets** help to clot blood



Understanding Blood Counts

■ Red Blood Cells

Red Blood Cells (RBCs) carry oxygen from your lungs to your body's tissue. If the total number of RBCs goes down, the result is a condition called **ANEMIA**.



Anemia causes less oxygen to be available to your body's tissue. You may feel:

- Fatigued (weak, tired)
- Dizzy
- Short of breath
- Pounding in your chest
- Pounding in your head
- Ringing in your ears

If you develop any of these symptoms, notify your doctor promptly.

Your doctor measures anemia by looking at the hemoglobin and hematocrit results found in a Complete Blood Count (CBC).

Causes of anemia may be related to cancer and cancer treatment as well as:

- Bleeding (loss of RBCs)
- RBC breakdown
- Drug or chemical exposure
- An inherited defective hemoglobin disorder
- Iron deficiency

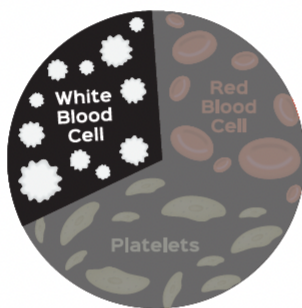
Some forms of anemia improve on their own over time. However, your doctor may want to give you medication or even a blood transfusion to help raise your blood count.

What can you do to manage your anemia?

- Conserve your energy, do not overdo it
- Get plenty of rest
- Alternate periods of activity with periods of rest
- Avoid dizziness by rising slowly from a lying position. Sit up for several minutes before standing
- Add iron-rich foods to your diet, such as green leafy vegetables, meats, fish, and poultry

■ White Blood Cells

White blood cells (WBCs) are the cells in your body that protect you from infection. They fight off and destroy the bacteria that cause infection.



When your white blood cell count is low, the common signs of infection may not be present. However, signs that may appear include:

- Shaking, chills
- Temperature of 101 degrees or higher
- Painful or burning sensation when passing urine
- Loose bowel movements for two or more days
- Sore throat
- Cough
- Feeling of tiredness
- Generalized body aches

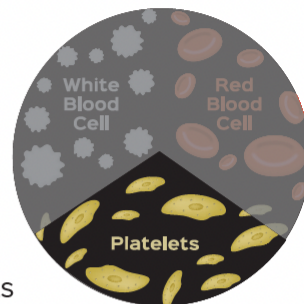
What you can do to protect yourself when your WBC count is low:

- Practice good general hygiene
- Wash your hands often, after you use the restroom, and before you eat
- Avoid people with colds or infections

- Avoid crowds
- Get a thermometer, keep track of your temperature, and report any fevers to your doctor

■ Platelets

Platelets help your blood to clot. When you hurt yourself, these cells prevent you from losing too much blood. When the number of platelets are low, bleeding can occur both inside or outside of your body.



A low platelet count can cause:

- Nosebleed
- Easy bruising
- Prolonged bleeding from a cut
- Black or bloody stools
- Brown or red urine
- Tiny pinpoint red and/or purple spots on your skin

What you can do to protect yourself when your platelet count is low:

- Do not take aspirin or aspirin-containing medication
- Use a soft bristle toothbrush
- Do not floss
- Be careful with sharp objects such as knives
- Avoid contact sports
- Avoid sex
- Avoid using tampons, rectal suppositories and rectal thermometers
- Avoid straining with stools
- Do not walk around in the dark
- Blow your nose gently
- Check with your doctor before going to the dentist

■ Temperature Conversion Chart

FAHRENHEIT		CENTIGRADE
97.0		36.1
97.5		36.4
98.0	Normal	36.65
98.6		37.0
99.0		37.2
99.5		37.5

100.0	CALL YOUR DOCTOR	37.8
101.0		38.35
101.5		38.6
102.0		38.9
102.5		39.25
103.0		39.45

■ Laboratory Reference Values*

Test	Normal Range	
White Blood Cells	3.8 - 10.8 X 10	
Red Blood Cells	4.60 - 6.2 X 10 ¹² /L	Male
	3.6 - 5.4	Female
Hemoglobin	13.7 - 17.5 g/dL	Male
	11.2 - 15.7	Female
Hematocrit	40.1 - 51.0 L/L	Male
	34.1 - 44.9	Female
Platelet	151 - 424 X 10 ⁹ /L	

* Diagnostic Laboratory Services, Inc.

WHAT DOES ALL OF THIS MEAN TO ME?

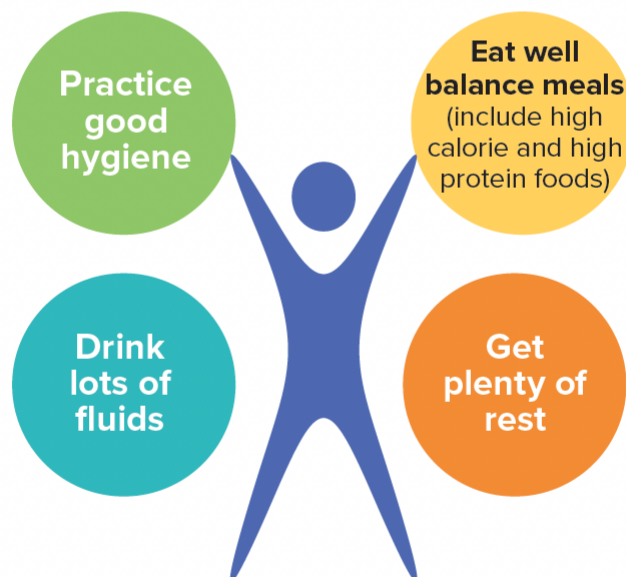
Learning about blood counts will help you to better understand the changes your body goes through during cancer treatment.

It is important that you notify your doctor of any fevers, infections, bleeding (in your gums, urine, stool), unusual bruises, dizziness, chest pain or shortness of breath. These signs may be a result of your lowered blood counts.

Remember that most of the side effects from cancer treatments are temporary. Your blood counts will go down but they will return to normal.

LISTEN to what your body is telling you.

Take good care of yourself.



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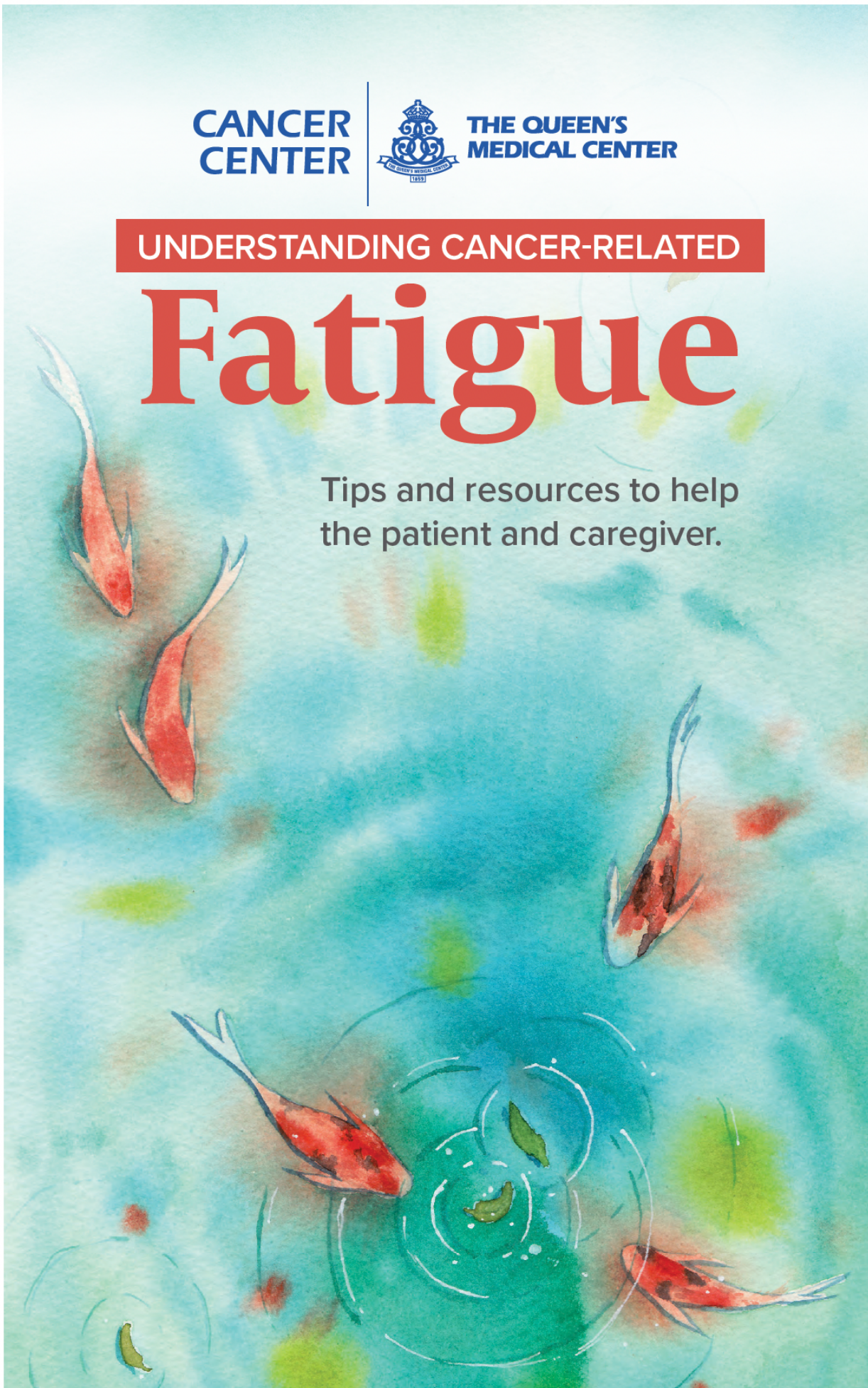


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UNDERSTANDING CANCER-RELATED

Fatigue

Tips and resources to help
the patient and caregiver.



Fatigue

Cancer Related Fatigue is:

- Common
- Often unrecognized
- Under treated
- Can appear suddenly
- Can be overwhelming
- Can continue long after treatment
- Can affect mood and emotions
- Might interfere with daily activities

Cancer-related fatigue is real.

Tips to Increase your Energy Level



Activity Level

- Develop an exercise program to increase activity to prevent muscle weakness
- Delegate household/ personal tasks
- Conserve Energy
 - Set priorities
 - Postpone non-essential activities
 - Do activities of daily living
 - Rest between activities



Nutrition

- Monitor weight
- Monitor caloric intake
 - Use supplements as recommended by your treatment team and eat well balanced meals
- Contact a dietitian for assistance while hospitalized
 - Outpatients call 691-4823 for an appointment (fee applied, MD referral may be needed)
- Managing nausea
 - Medicate with anti-nausea relievers*
 - Eat small frequent meals
 - Eat what you crave
- I Can Cope - Nutrition During and After Cancer class at The Queen's Medical Center. Call 691-7117 to register.





Tips to Reduce Fatigue

Pain

- Ask MD about pain management
- Use alternate methods
 - Warm pads, Healing touch
- Medicate with pain relievers*

Emotional Distress

- Use stress management/relaxation techniques
 - Music
 - Socialize
 - Reading
 - Games
 - Meditation
 - Movies/comedy/laughter
- Medicate with antidepressants*
- **Support groups**
 - Contact a social worker while hospitalized or outpatients call The American Cancer Society at 1-800-227-2345 for help with
 - Community resources
 - End-of-life planning

Anemia & Physical Problems

- Be aware of other physical ailments and how to treat them
- Know your blood counts to discuss with the MD if transfusions or growth factors are needed

Sleep Problems

- Use alternate methods
 - Music
 - Warm milk
 - Reduction in noise
- Medicate with sleep aids*

*As ordered by your doctor



Fatigue

Tips for Caregivers

- Take a day off for some quality quiet time
- Watch for signs of stress
 - Impatience, loss of appetite, or difficulty sleeping
- Delegate tasks to friends and family
 - Assess strengths and do not hesitate to ask for help
- Communicate openly with loved ones
 - Express feelings and talk about caregiving situations
- Use community resources
 - Home care agencies
 - Support groups
 - Transportation agencies
 - Education programs
- Stay informed by researching the internet and asking questions



Give yourself credit for the care you give does make a difference!

Resources for more information:

- | | |
|---|---|
| • American Cancer Society | www.cancer.org / Ph: 1-800-227-2345 |
| • Oncology Nursing Society | www.ons.org |
| • Cancer Care Inc. | www.cancercare.org |
| • Cancer Net | www.cancer.net |
| • Queen's Counseling Services | Phone: 808-691-4401 |
| • Family Caregiver Alliance | www.caregiver.org / Ph: 1-800-445-8106 |
| • Cancer Information Service
(National Cancer Institute) | Ph: 1-800-4-CANCER (226237) |

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For more information call: 808-691-7577

www.queens.org