

LUNG RADIATION INSTRUCTIONS

| DO | DO NOT |
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| <p>Activities of Daily Living (ADLs)</p> <ul style="list-style-type: none"> Do continue activities of daily living (ADLs). ADLs are basic self-care tasks that include walking, feeding, dressing and grooming, toileting, bathing and transferring. Do continue your daily personal and work activities to the extent you feel able. Fatigue is common in people with cancer, but it's different for each person. Do stay as active as you can. Regular moderate exercise—especially walking—is a good way to ease fatigue. Not only can exercise help fatigue, it can help you sleep better. Do have someone accompany you to radiation treatments. <p>Skin Care</p> <ul style="list-style-type: none"> Do wash the area being treated daily using a mild, fragrance free soap, such as Dove-Sensitive Skin® or Aveeno®. Be gentle on treatment area and pat dry. Use a fragrance-free moisturizer twice daily to intact skin after radiation treatment. Do wear cotton and loose clothing as much as possible to prevent rubbing on the skin. Do wear protective clothing and stay out of the sun. Apply sunscreen as indicated by your physician. <p>Nutrition/Oral Care</p> <ul style="list-style-type: none"> Do follow a combined liquid and soft diet. Try foods such as cooked cereals, mashed potatoes, and soups. Do include high protein, soft foods like Greek yogurt, soft cooked eggs, creamed soups, fish and meats with gravy. Do stay hydrated throughout your treatment. Do ask your physician about prescriptions to coat and reduce inflammation of the esophagus. Pain medication can also be prescribed. Do consult a dietitian for guidance. | <p>Activities of Daily Living (ADLs)</p> <ul style="list-style-type: none"> Do not exercise too late in the evenings, avoid extreme temperatures, and tanning booths. Do not smoke and avoid smoke-filled areas. Also, avoid irritants and pollutants to the respiratory tract. Do not fail to report to your physician if you experience any fever, cough, and/or shortness of breath as it could be a sign of pneumonia. Do not include swimming activities unless authorized by your physician. <p>Skin Care</p> <ul style="list-style-type: none"> Do not apply lotions/creams to treated skin <u>two hours prior</u> to radiation or check with your physician for further instruction. Do not use products that contain alcohol, which may cause skin dryness. Do not use wipes or luffa sponges. Do not use anything hot or cold, such as heating pads or ice packs directly on the treated skin. Do not wear tight fitted clothing, to avoid rubbing on the skin that is being treated. Do not use perfumed laundry detergent to wash clothes. <p>Nutrition/Oral Care</p> <ul style="list-style-type: none"> Do not eat heavy evening meals. Do not start new supplements or vitamins without the approval of your radiation oncologist. A daily multivitamin is ok. Do not stop any prescriptions medications without first consulting with your physician. |



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OTHER CONSIDERATIONS

- Most side effects of radiation are limited to the area being treated. Skin changes in the area can range from dryness, itching, and peeling and may appear about 2 weeks into radiation treatment. Most skin reactions heal 1 to 3 weeks after radiation therapy stops.
- Some people who receive radiation therapy may feel an internal burning pain or food getting stuck in the chest, called esophagitis, which usually develops 2 to 3 weeks into radiation treatment. Esophagitis typically resolves within 2 to 4 weeks after symptoms occur.
- Occasionally, people develop a fungal/bacterial infection of the esophagus which is treated with appropriate medication. Symptoms of esophagitis may include difficulty and/or painful swallowing, weight loss, dehydration, and possible aspiration of food or liquid. You should advise the clinical staff as soon as any symptoms occur. Typically, radiation is not interrupted.

