

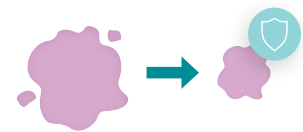
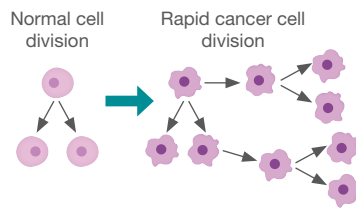
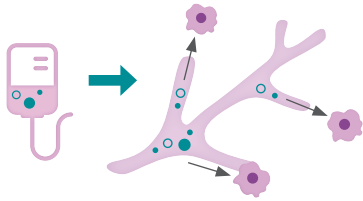


## Treatment Guidelines

# CHEMOTHERAPY EXPLAINED IN A NUTSHELL

*The word “chemotherapy” often raises many questions and concerns. The good news, chemotherapy has evolved and tolerability can be significantly improved today through supportive care. Here you’ll find answers to the most important questions so that you’re well informed to begin your treatment.*

### What is chemotherapy?



#### Treatment

- Certain medications (cytostatic drugs) are usually administered into the bloodstream via an infusion.
- This allows them to reach cancer cells throughout the body (systemic therapy).

#### Effect

- Chemotherapy targets rapidly dividing cells (such as cancer cells) and disrupts their cell division.
- This allows it to inhibit the growth of the tumour.

#### Objective

- The objective is to shrink the tumour and any possible metastases.
- This can also help relieve symptoms caused by cancer, such as coughing or shortness of breath.

### How have chemotherapy treatments evolved in terms of tolerability and efficacy?



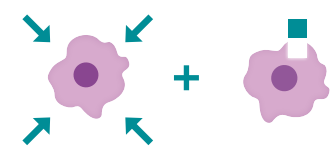
#### Better tolerability

- To reduce side effects, supportive treatments—known as supportive care—have been increasingly developed in recent years.
- As a result, side effects occur much less frequently or not at all.



#### Comprehensive support

- Additional services provide targeted support for your daily life.
- These include nutritional counselling, exercise therapy, and psychological support.



#### Chemotherapy as a partner

- Today, there are medications that specifically target certain characteristics of cancer cells.
- When combined with the broad-spectrum effects of chemotherapy, this provides two different targets—for rapid and long-term tumour control.

### Frequently asked questions

#### “You often hear that you feel sick the whole time during chemo. Is that true?”

No, that’s a common misconception. Symptoms usually occur shortly after the infusion but improve significantly during the subsequent recovery period until the next treatment. In addition, patients are given prophylactic medications specifically designed to prevent or significantly alleviate nausea and vomiting.

#### “Is it true that you lose your hair with every round of chemotherapy?”

Not necessarily; it depends largely on the specific medications used. Hair loss generally occurs less frequently with so-called platinum-based chemotherapy.

#### “I’ve heard that I have to completely isolate myself for my own protection during therapy. Is that right?”

No, isolation is not necessary. Since your immune system may be somewhat weakened by the treatment, it is best to postpone visiting people who have infections. However, social interactions are expressly permitted and important for your well-being. Just pay attention to what feels good for you.

# WELL INFORMED AT THE START OF TREATMENT

## Here's how the treatment works



### Infusion

30 minutes to several hours



### Cycles

e.g., every 3 weeks



### Quantity

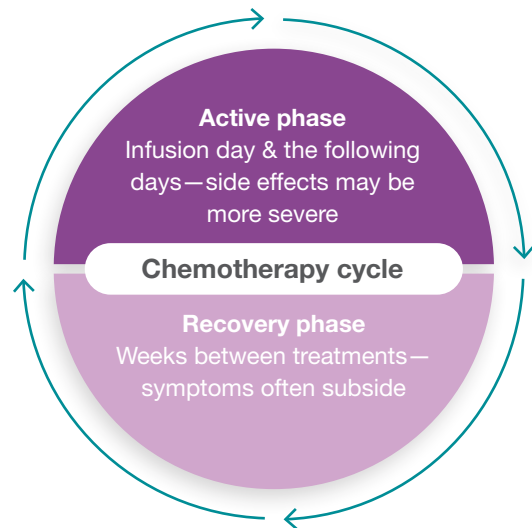
if platinum-based, usually 4-6 doses



### Location

Doctor's office or clinic (outpatient, no overnight stay)

## The phases of your treatment cycle



## Your checklist for infusion day



### Comfort

Wear comfortable clothes and thick, cosy socks.



### Entertainment

Bring a book, some music, or your tablet.



### Refreshments

Pack some water and your favourite easy-to-digest snacks.



### A safe trip home

Have a family member pick you up, or take a taxi.

## What to do in case of side effects...



### Diarrhoea

Drink 2 to 4 litres a day (e.g., water or unsweetened tea) to replenish lost fluids. Broths or sports drinks are a good way to replenish lost electrolytes.



### Nausea & loss of appetite

It's better to eat several small meals throughout the day. Cold foods and beverages are often considered more pleasant and easier to digest.



### Exhaustion

Conserve your energy and consciously divide your daily routine into active and passive phases. Make sure to maintain a reasonable level of activity while taking sufficient breaks.

## Safely accompanied on every step of your therapy

Please do not hesitate to contact your treatment team directly if you experience side effects or notice anything unusual. The sooner you let them know, the faster they can find a suitable solution for you.

**Seek advice. Your doctor's office or clinic is available to answer any questions you may have.**



For detailed information on chemotherapy, scan the QR code or visit: [www.lungenkrebs.de/lungenkrebs-behandeln/chemotherapie](http://www.lungenkrebs.de/lungenkrebs-behandeln/chemotherapie)



**The guide is also available here in other languages.**