



THORACIC RADIOTHERAPY

ADVICE FOR YOUR TREATMENT

- Hygiene

- You are advised to wash in plain water, avoiding very hot water and using soft fatty soap (“surgras”) (not classic soaps as they are too irritant) every day.
- Do not take a bath during your treatment, only showers.
- We recommend you to pat yourself dry so as not to intensify the irritation of your skin..
- In addition to this, it is not advisable, during your treatment and for a few weeks after it ends, to shave or use any kind of hair remover or apply make-up on the area to be treated.
- Do not expose the treated area to the sun.

- With regard to clothing

- Avoid wearing tight fitting clothes
- Cotton clothing is best

- With regard to your diet

- Eat rich foods and eat between meals so as to keep your weight up.
- Drink plentifully, i.e one to one and a half litres of water per day.
- Avoid drinking alcoholic drinks.
- Avoid spicy food and condiments, raw fruit and tomatoes (acidic) and food and drinks that are too hot.
- If you have difficulty chewing or swallowing your food, you need to whizz the food in a mixer, have more to drink when eating, and use fatty foods (fresh cream, butter and eggs etc).
- Check your weight at least once a week:

→ **Tell us if you lose weight; your radiotherapist will decide with you whether you need food supplements or suitable treatments prescribed for you.**

- Reduce your cigarette smoking or even better, stop smoking; your radiotherapist can refer you to a specialist doctor if you wish.
- Do not expose the treated area to the sun

- Apply the cream prescribed by your radiotherapist from the very first radiotherapy session (as soon as you get home after the session) and even at weekends.

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BUT YOU MUST NOT PUT CREAM ON THE TREATED AREA BEFORE THE SESSION



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POTENTIAL SIDE EFFECTS OF RADIOTHERAPY

These are foreseeable but do not necessarily arise as each case is unique and each individual reacts differently. However some side effects are fairly common, and are checked up on by the radiotherapist and the care team. .

- **Skin :**

After 15 to 21 days of treatment, your skin appears red and inflamed. Once the radiotherapy treatment is finished your skin will become normal again in 3 to 6 weeks).

- **Irritation of the œsophagus :**

The soft tissue of the œsophagus will become irritated around 2 or 3 weeks after the beginning of treatment, and will go back to normal in 3 to 6 weeks after the treatment ends. It causes a discomfort identical to angina.

- **Dry cough and breathlessness:**

If you are worried by a cough or have difficulty with your breathing, you need to talk about it to the radiotherapist so he can prescribe an appropriate treatment for you.

- **Tiredness :**

It is not any sign that your illness is getting worse, nor does it always occur. It may be caused by the daily repetition of the treatment and be due to the constraints of daily travel to the treatment centre. In some instances it is a result of surgery or chemotherapy (if you have received these).

Do not hesitate to talk about these things to the care team and the radiotherapist at appointments or at your own instigation.

YOU MUST NEVER INTERRUPT YOUR TREATMENT WITHOUT THE ADVICE OF THE RADIOTHERAPIST