



## *Side Effects from Chemotherapy*

Chemotherapy often affects normal cells like bone marrow, the gastrointestinal tract and hair follicles. This is why side effects may include fatigue, infections, nausea and vomiting, hair loss and others. The side effects you might have will depend on the drugs and dosages used to treat your cancer. Your doctor will prepare you for the side effects often associated with your treatment. He may prescribe medications and other methods of relief, such as relaxation techniques, to help minimize any discomfort you might experience.

## *Treatment Length and Frequency*

You may be treated in your doctor's office, treated in a clinic in the hospital, receive pills to take on a specific schedule at home, or receive drugs at home via an implanted pump. Your dosage schedule may last from a few weeks, to a year, with varying cycle frequency (once a week, once a month, or other intervals).

Take reading materials and/or a radio/cassette player (and headphones), to help pass the time while you are receiving treatment at the doctor's office or hospital. Treatments are followed by rest cycles to give your body time to build healthy new cells and regain strength.

## *Contributing to the Community's Health*

Frequently people inquire as to how they may make a contribution to the community's health. We encourage you to consider Glendale Adventist Medical Center's Healthcare Foundation whenever you or your family desire to make a difference in the health of our community. For more information, please call (818) 409-8055.

**Physician Referral (818)409-8100**

CANCER SERVICES  
CHEMOTHERAPY

HEALTH CONNECTIONS

## *Understanding Chemotherapy*

*at Glendale Adventist  
Medical Center*



There are a number of options for chemotherapy, each with their advantages and disadvantages.

[www.glendaleadventist.com](http://www.glendaleadventist.com)

*Glendale Adventist  
Medical Center*

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