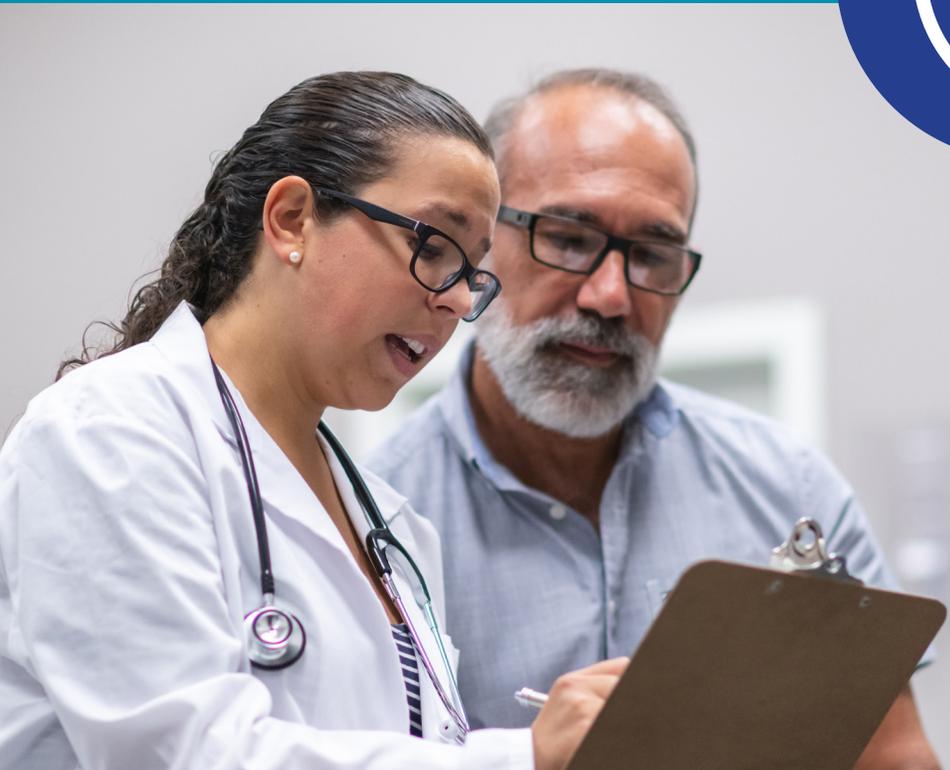


MANAGING COMMON SIDE EFFECT **SYMPTOMS** OF TARGETED ORAL TREATMENT FOR LIVER CANCER



***Help for recording
possible symptoms and
having conversations
with your doctor***

*For more information on liver cancer,
please visit www.liverfirst.com*



COMMON SIDE EFFECTS FROM TARGETED ORAL MEDICINES FOR HCC, A TYPE OF LIVER CANCER

We understand you or a loved one may be going through a difficult time with the diagnosis of HCC (hepatocellular carcinoma), a type of liver cancer. There are clinically proven oral treatment options that may help.

This guide was created to help you better understand what you may expect from potential oral treatments for your diagnosis, as well as possible actions to take to help ease side effects. You, a family member, or a friend can also make notes on this guide and share them with your doctor.

This guide does not replace talking with your doctor and reading patient information specific to the treatment your doctor has prescribed. It is important for you to follow your doctor's treatment instructions. Let your doctor know if you experience any side effects. Open communication with your doctor can help you throughout your treatment.





High Blood Pressure

These medications may increase your blood pressure. Additionally, your ethnicity may be one of the risk factors for high blood pressure (HBP). If you are at higher risk for HBP, are taking medicine for HBP, or have taken HBP medicines in the past, tell your doctor before starting treatment for liver cancer. Also, talk with your doctor about how to measure your blood pressure (BP) at home with a blood pressure cuff, as often as your doctor recommends.

Two numbers make up your blood pressure reading: the top number measures the amount of pressure in your arteries when your heart contracts and the bottom number measures your blood pressure between heartbeats. You can use a separate notebook to track your blood pressure if needed.

DO: Work with your doctor to control your blood pressure before starting oral treatment for liver cancer.

DO: Monitor your blood pressure as often as your doctor suggests.

DO: Take all of your medications the way your doctor prescribes.

TELL YOUR DOCTOR before making any changes to your medications.

IF your normal BP increases while taking your liver cancer medication, call your doctor. Your doctor can help you better manage your blood pressure and your medication.

WRITE DOWN your blood pressure, the date, and the time for as long as your doctor recommends.

Date _____ Time _____ Blood Pressure _____ / _____

Date _____ Time _____ Blood Pressure _____ / _____

Date _____ Time _____ Blood Pressure _____ / _____

Date _____ Time _____ Blood Pressure _____ / _____

Date _____ Time _____ Blood Pressure _____ / _____

Date _____ Time _____ Blood Pressure _____ / _____



Skin Rash, Redness, Itching, or Peeling on Hands and Feet

Your skin may become sensitive, red, itchy, and painful while on certain liver cancer treatments. This usually happens on the palms of your hands and on the soles of your feet, but it can sometimes happen on other areas, such as your knees or elbows.

Ask your doctor what steps you can take at the start of your liver cancer treatment to possibly prevent skin reactions. For example, your doctor may ask you to start applying creams to moisturize your skin. If you already have calluses on your hands or feet, show your doctor before starting your liver cancer treatment.

DO: Consider wearing cotton socks and gloves, padded insoles, and well-fitting shoes.

DO: Make sure to thoroughly pat your hands dry after washing them.

AVOID products that dry out your skin, such as fragrance lotions, soap that foams, and hand sanitizers containing alcohol.

AVOID exposing your unprotected skin to the sun or cold weather.

AVOID activities that might cause calluses to form on hands and feet, such as heavy lifting.

IF rash and dryness occur, tell your doctor and ask if the following could help:

- Lotions that contain 20%–40% urea.
- Moisturizers that have salicylic acid, ammonium lactate, or alpha hydroxy acid, which might help soften and exfoliate callused areas.
- Cooling hand and foot baths containing magnesium sulfate.

TAKE NOTE of any skin reactions you experience so you're better able to speak with your doctor about them. Your doctor may prescribe medications or refer you to a dermatologist.



Diarrhea

Loose, watery stools that occur frequently can be uncomfortable and frustrating. However, your doctor may recommend some steps you can take at home to lessen the discomfort of this potential side effect.

DO: Consider using a meal diary to help identify foods to avoid, especially if you already experience frequent diarrhea.

AVOID caffeine, alcohol, spicy or fatty foods, dairy products, and foods high in insoluble fiber (including whole grains, wheat bran, and certain vegetables such as corn, eggplant, green beans, broccoli, spinach, kale, and legumes).

IF diarrhea occurs:

- Eat low-fiber foods (such as bananas, rice, apples, white bread toast, eggs, chicken) and/or foods containing probiotics (such as yogurt).
- Drink plenty of water, and consider electrolyte drinks, fruit juices, and/or clear broths to replace lost fluids.

IF you get diarrhea, call your doctor for help with these symptoms.

WRITE DOWN how many times per day you have a bowel movement. Keeping track of how often you have a bowel movement, as well as its consistency and color, may help you have better discussions with your doctor.

Date _____ # of times _____

Consistency _____ Color _____

Date _____ # of times _____

Consistency _____ Color _____

Date _____ # of times _____

Consistency _____ Color _____

Date _____ # of times _____

Consistency _____ Color _____

Date _____ # of times _____

Consistency _____ Color _____



Nausea and Vomiting

Certain oral liver cancer treatments have been known to make some people nauseated, even vomit. Keep the following in mind:

DO: Eat frequent, small snacks several times throughout the day. If your stomach is empty, your nausea might be worse.

DO: Eat food at room temperature to decrease its smell and taste.

DO: Try to rest quietly while sitting upright for at least 1 hour after each meal.

AVOID chocolate, caffeine, alcohol, and smoking. These substances could make nausea worse.

AVOID fatty, fried, spicy, or very sweet foods.

IF you experience nausea or vomiting, ask your doctor for suggestions to help.

MAKE A NOTE if you experience nausea or vomiting while taking your cancer treatment; make note of how frequently these symptoms occur and how challenging they become so you can share them with your doctor. Your doctor may be able to help control nausea and/or vomiting.



Fatigue

It's possible that certain targeted oral liver cancer treatments may make you very tired. If fatigue becomes a problem, work with your doctor to address it.

- DO:** Plan your days around your energy levels. Rest throughout the day.
- DO:** Consider mild activities each day. Talk with your doctor about what activities may be best for you, if you are healthy enough.
- DO:** Try to maintain a healthy diet and drink plenty of fluids.
- DO:** Tell your doctor what medicines you are on and about any change in your medical history and/or medications while you are on cancer treatment.

TELL YOUR DOCTOR about how tired you become during treatment or about any other side effects that may impact your energy level.

IF you are experiencing serious fatigue, ask your doctor for suggestions that may help.

KEEP AN ENERGY DIARY and share it with your doctor.



Decreased Appetite and Weight Loss

Your liver cancer treatment may be one of the reasons your desire to eat may decrease, leading to weight loss. It's important to continue eating a nutritious diet while taking your medicine.

- DO:** Consider keeping track of your weight every week or as advised by your doctor.
- DO:** Ask your doctor about vitamins or other supplements that may help.

IF decreased appetite becomes a problem, talk with your doctor about whether a high-calorie diet may be appropriate for you.

WRITE DOWN your weight and the days you have a loss of appetite so you can talk about it with your doctor.

Date _____ Weight _____ Loss of Appetite Yes No

Date _____ Weight _____ Loss of Appetite Yes No

Date _____ Weight _____ Loss of Appetite Yes No

Date _____ Weight _____ Loss of Appetite Yes No

Date _____ Weight _____ Loss of Appetite Yes No

Date _____ Weight _____ Loss of Appetite Yes No

Date _____ Weight _____ Loss of Appetite Yes No

Date _____ Weight _____ Loss of Appetite Yes No

ASK ABOUT A REGISTERED DIETITIAN

Ask your doctor whether working with a registered dietitian nutritionist (RDN) may be able to help. An RDN can develop a meal plan that may be able to help with certain potential side effects, such as diarrhea, nausea, and weight loss, and includes foods to help increase your energy.

