

## About the treatment

Goserelin (Zoladex) affects your ovaries so that they stop producing estrogen. The treatment can thus stop estrogen-dependent cancer cells from growing and multiplying. The treatment causes you to end up in menopause. After the treatment, the ovaries can start producing estrogen again and you can then get your period back. Goserelin is injected under the skin. The medicine works as a medicine depot that continuously releases the right dose of Goserelin into the body. The treatment is given every month.

## Side effects - symptoms and tips

The side effects we list here are the most common and important. They can vary greatly from person to person, and even from time to time. Exercise can prevent and alleviate side effects. Anything from walking to harder physical exercise can help. Tell your doctor or nurse if you have any side effects.

### Fallopian tubes

Hot flashes and sweating are common.

**Tips:** Try to exercise and move around.

### Problems with mouth and mucous membranes

The mucous membranes in the abdomen may become dry. Tip: Against dry mucous membranes in the abdomen, vaginal gel, vagitories and softening cream (without estrogen) can be used.

### Pain in muscles and joints

Pain in muscles and joints is common.

### Initiative, mood and moodiness

You may feel that you lack initiative, have mood swings and feel depressed

### Weight gain

The hormone treatment can affect the body's metabolism so that you gain weight more easily. Fatigue can also make you unable to move as usual. Tip: There is no particular diet or diet that is better than any other for losing weight. What determines is how much energy you eat in relation to what you need. It is also important that you enjoy your eating habits and can maintain them over a long period of time.

## General information about cancer

Useful information about cancer is available from both 1177 Vårdguiden and Cancerfonden:

[www.1177.se](http://www.1177.se)

[www.cancerfonden.se](http://www.cancerfonden.se)

## Notes

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