Alpelisib-Fulvestrant

for Breastcancer

Regimen schedule

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Alpelisib Morning dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Fulvestrant	X																				

Next course of treatment, day 29

Day	22	23	24	25	26	27	28
Alpelisib Morning dose	X	X	X	X	X	X	X
Fulvestrant							

About your treatment

Alpelisib blocks proteins that regulate the growth and division of cancer cells, slowing it down. Each course is 28 days. You take one tablet a day continuously.

Fulvestan is an antihormonal treatment, which blocks the estrogen receptors on the tumor cells. This leads to these receptors decreasing in number over time, which in turn leads to the disease being slowed down. The medicine is given as an injection into a muscle, often in the hamstring muscle. A dose is divided into two syringes, one in each buttock. You get the first three doses at two-week intervals, then you get the shots every four weeks. It is common to receive the first dose at the hospital and for the remaining injections to be given at the health center or by healthcare staff at home. During the treatment, your blood samples and any side effects are monitored.

How to take the medicine

Swallow the tablets whole with water. Take the tablets immediately after a meal, at about the same time each day. If you miss a dose or vomit, take your usual dose at the next time. Read more in the package insert.

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. Side effects may determine your dose or require you to stop taking the medicine.

Tell your doctor or nurse if you have any side effects. Often the symptoms can be prevented or alleviated.

High blood sugar and diabetes.

You may develop high blood sugar and diabetes. Your blood sugar will be monitored during treatment. Be alert for increased thirst, a need to urinate more often than usual, or an increase in the amount of urine you pass. If this happens, contact your clinic.

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.

Initiative, mood and moodiness

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

Tips Fatigue and low mood can be alleviated by moving regularly in your daily life. Physical exercise or other activities can have a positive impact on your mood and sleep.

Problems with skin, hair and nails

The skin often becomes dry and can turn red, swollen, and bumpy. You may become more sensitive to the sun. Contact a healthcare provider if you develop a rash; you may need medication. Tip: Use fragrance-free shower and bath oils instead of shower gel and soap. Wear clothing that covers your skin to protect against the sun, and use sunscreen on areas you cannot cover.

Fatigue

Fatigue is common in connection with cancer and its treatment. The severity of the symptoms and their duration vary from person to person. You may continue to feel tired long after treatment has ended. This type of extreme exhaustion is known as fatigue—a tiredness that does not always improve with rest or sleep. Many describe fatigue as a total lack of energy, and it can occur even without physical exertion. Your ability to remember, concentrate, and solve problems may be impaired. Fatigue is sometimes associated with feelings of resignation, stress, anxiety, and depression. Tip: Try to stay active. Physical activity often helps alleviate tiredness and fatigue. Find a balance between activity, rest, and sleep that works for you.

Problems with stomach and intestines

Diarrhoea is quite common.

Tip: Drink a lot, a few glasses more than usual per day. If you have diarrhoea, avoid fatty, spicy and high-fibre foods. Talk to your doctor if you get diarrhoea - you may need medication.

Pain in muscles and joints

Muscle and joint pain is common. **Tip** Exercise and movement are beneficial. Physical activity strengthens both muscles and joints. Over-the-counter medicines containing paracetamol can be used for temporary joint pain. In cases of inflammation, NSAIDs may be appropriate.

Nausea and taste changes

There is a risk that the treatment will make you feel unwell. If necessary, you will be given anti-nausea medication.

Tips: Sometimes it feels better to eat lighter food and small portions. For example, try skim milk, yoghurt, omelettes, sandwiches and hot or cold soups. Drinking a little extra between meals can reduce nausea.

Mouth and teeth

You may have new or worsening oral symptoms such as pain, swelling, numbness in the jaw, tooth loss and/or difficulty gaping.

Hot flashes

Hot flashes and sweating are common. **Tip:** Regular physical activity and strength training often alleviate symptoms over time. If you experience symptoms at night, keep the bedroom cool. Reduce your intake of alcohol and caffeine, avoid smoking, and limit spicy foods that can trigger hot flashes.

Dry cough and difficulty breathing

New symptoms of dry cough, shortness of breath and difficulty breathing may be due to a special inflammation of the lungs and airways (pneumonitis).

Contact your clinic immediately at:

- fever over 38 degrees or if your temperature drops below 36 degrees
- severe diarrhoea, or diarrhoea combined with fever
- sudden deterioration, regardless of symptoms
- chest pain or difficulty breathing, call 112

Common advice

It is important not to get pregnant or make someone pregnant while you are being treated with cancer drugs, as the drugs can affect the foetus. Therefore, use safe contraceptives. Sometimes double protection is needed, as side effects such as diarrhoea or the direct effect of cancer drugs may mean that the contraceptive pill is not enough protection on its own.

General information about cancer

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

www.1177.se

www.cancerfonden.se