Everolimus-Exemestan

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
Everolimus	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Exemestan	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Next course of treatment, day 29

Day	22	23	24	25	26	27	28
Everolimus	X	X	X	X	X	X	X
Exemestan	X	X	X	X	X	X	X

About your treatment

Evorolimus and Examestan is an antihormonal treatment that reduces the production of estrogen (the female sex hormone). This reduces the risk of your type of cancer cells multiplying. You take the tablets once a day without a break. The treatment usually lasts for several years. Your doctor or nurse will inform you if you should change anything in your treatment. You may have inflammation and pain in the mouth and on the lips. Contact your doctor or nurse if you have any problems. Do not stop or change your treatment on your own.

How to take the medicine

Swallow the tablets whole with water. Take the tablets within half an hour after a meal, at the same time every day. If you forget to take a tablet, do not take a double dose the next day. St. John's wort, grapefruit and grapefruit juice should be avoided during treatment as it affects the effect of the medicine. Read more in the package insert.

Side effects - symptoms and tips

The side effects listed here are the most common and significant ones. They can vary greatly from person to person and often occur most frequently at the start of treatment. Tell your doctor or nurse if you experience troublesome side effects. It may be possible to switch treatments.

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.

Bleeding

You may have an increased risk of bleeding. For example, you may bleed easily from your nose or mouth. If you get a cut on your skin, you may bleed longer than usual. Surgical wounds may heal more slowly.

Tips: Be careful not to cut yourself. You can stop nosebleeds by squeezing the soft parts of your nose for 10 minutes. If this doesn't stop it, contact your doctor. Be attentive to oral hygiene, and use a soft toothbrush and mild toothpaste. Be careful with floss and toothpicks. Inform your dentist or other health care provider of your cancer treatment when you visit.

Cough and shortness of breath

You may experience coughing and shortness of breath. Tell your doctor or nurse if you have trouble breathing.

Infection susceptibility

You will be susceptible to infection after treatment. This is because the level of white blood cells drops. Before each treatment, blood samples are taken to see if the blood cells have recovered. If the values are too low, the treatment must be postponed.

Tips: Try to avoid close contact with people who have a cold or stomach illness, for example. Wash your hands often with soap and water. Hand sanitizer can be useful.

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.

Skin problems

You may experience itching and a rash.

Tip: When washing your skin, be gentle and use mild soap. Lubricate with moisturiser.

Pain in muscles and joints

Pain in muscles and joints is common.

Headache

Headaches are common.

General information about cancer

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

www.1177.se

www.cancerfonden.se