Exemestan

for Breastcancer

About your treatment

Examestan is an anti-hormonal 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 interruption. The treatment usually lasts for several years. Do not stop or change your treatment on your own

How to take the medicine

Swallow the tablets whole with water. Take the tablets after a meal at the same time each day. If you forget to take a tablet, do not take a double dose the next day. St. John's wort 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.

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.

Problems with mouth and mucous membranes

Vaginal mucous membranes may become dry, and you may experience increased vaginal discharge. There is a slightly increased risk of uterine cancer. Therefore, contact a healthcare provider if you experience unexpected vaginal bleeding. Tip: Vaginal gel, suppositories, and emollient creams (without estrogen) can be used for vaginal dryness. The skin often becomes dry. Tip: Be gentle when washing your skin and use a mild soap. Apply emollient cream frequently.

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.

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.

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.

Swollen legs and feet

There is an increased risk of osteoporosis when undergoing the treatment for a long period. Your nurse or doctor will decide whether you should have a bone density test.

General information about cancer

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

www.1177.se

www.cancerfonden.se