

# Exemestan

for Breastcancer

## Patient information

### Regimen schedule

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

## About your treatment -justera översättning efter ändring

Hormonal treatment means that you are given drugs that affect your body's own hormones so that the cancer cells stop growing. Hormonal treatment is also called endocrine treatment.

Hormonal therapy can be given as the only treatment or combined with other treatments, such as surgery, radiotherapy or cytostatics. You may also receive hormonal treatment to reduce the risk of relapse.

## 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 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.

### Fallopian tubes

Hot flashes and sweating are common.

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

### 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

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

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

## Notes

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