Fulvestrant

for Breastcancer

About the treatment

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.

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.

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.

Problems with mouth and mucous membranes

The mucous membranes in the genital area can become dry, and you may experience vaginal discharge. Tip: Vaginal gel, vaginal suppositories, and moisturizing cream (without estrogen) can be used for vaginal dryness. The skin often becomes dry. Tip: Be gentle when washing your skin and use mild soap. Apply moisturizing cream frequently.

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.

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.

General information about cancer

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

www.1177.se

www.cancerfonden.se