

# Letrozol

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
Letrozol	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
Letrozol	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, radioterapy or cytostatics. You may also receive hormonal treatment to reduce the risk of relapse.

## How to take the medicines justera översättning efter ändring

You take one tablet once a day, usually for 5-10 years. You can take the medicine at any time of the day with or without meals and other medications.

It will not affect the effect if you forget to take the tablet on a particular day. If you forget to take the tablet, do not take a double dose the next day

## 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.

### Problems with mouth and mucous membranes

The mucous membranes of your nose, mouth, eyes and abdomen may be affected by your treatment. For example, you may have nosebleeds and a runny nose. In the mouth, you may experience dryness, redness, burning and sores. You can also get fungus, which turns the lining of your mouth red or gives it a white coating. Eyes may become dry and watery. The mucous membranes in the lower abdomen can also become dry.

**Tips:** If you have a dry mouth, use saliva stimulants available in pharmacies. Rinsing your mouth with Vichy water can prevent fungus. Be attentive to oral hygiene, and use a soft toothbrush and mild toothpaste. Be careful with floss and toothpicks. Inform your dentist of your cancer treatment when you visit. Avoid contact lenses if you have eye problems. For dry mucous membranes in the lower abdomen, vaginal gel, vagitories and emollient cream (without oestrogen) can be used.

## **Pain in muscles and joints**

Pain in muscles and joints is common.

## **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

## **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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