Tamoxifen

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
Tamoxifen Morning dose	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
Tamoxifen Morning dose	X	X	X	X	X	X	X

About your treatment justera översättning efter ändring

Tamoxifen is an anti-hormonal treatment given to block the effect of estrogen (the female sex hormone) so that the cancer cells are prevented from 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. Do not end or change your treatment on your own.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 medicines - justera översättning efter ändring

Swallow the tablets whole with water. Take the tablets at the same time each day with or without food. If you forget to take a tablet, do not take a double dose the next day. 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.

Initiative, mood and moodiness

You may feel that you lack initiative, have mood swings and feel depressed

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.

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.

Blood clot

You may have an increased risk of blood clots. You can get a blood clot in a leg or arm, and it can hurt, and cause swelling or redness.

General information about cancer

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

www.1177.se

www.cancerfonden.se

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