

# Cancer Education & Treatment Guide

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A COMMUNITY OF CARING



## Hear our stories.

At the Cancer Center, we believe that every patient has a story that extends beyond their treatment plan. We set out to share these experiences through Our Stories, a multimedia collection of patient features that can be found on our website or in magazines in the Cancer Center waiting room.

[www.SpringfieldClinic.com/OurStories](http://www.SpringfieldClinic.com/OurStories)

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**217.528.7541**



## **CANCER.**

It's a word no one likes to hear and a diagnosis no one wants. We understand that caring for patients with cancer means caring for the whole patient: body, mind and spirit. At Springfield Clinic, we put our patients first in an effort to deliver the best cancer care.

Our Springfield Clinic physicians and staff work closely with surgeons, radiation oncologists and other specialists to help our patients understand their diagnosis, develop individualized treatment plans, coordinate all aspects of treatment and provide effective surgical, chemotherapy and immunotherapy treatment.

***We are here for you during this journey.***

This booklet is designed to provide you and your loved ones with information about your cancer treatment and provides multiple tools to help you navigate through your treatment.



# About us

Springfield Clinic's Cancer Center is certified by the Quality Oncology Practice Initiative (QOPI). QOPI is an oncologist-led, practice-based quality program created by the American Society of Clinical Oncologists (ASCO).

Our department is one of the few medical facilities in Illinois to achieve QOPI certification and was the first practice in downstate Illinois to do so.

The providers and staff at Springfield Clinic's Cancer Center are dedicated to delivering the highest quality cancer care.



**QOPI® Certification Program**

Quality Cancer Care: Recognizing Excellence

## Service Policy

We provide an excellent experience that improves, enhances and extends the quality of life for our patients. At each patient encounter, we will ensure safety and accuracy, respect and dignity, a productive and meaningful visit and clinical efficiency.

## Our Mission

To provide the highest quality health care to the people of central Illinois.

## Providers



Rajesh Bande,  
MD



C. Matthew  
Bradbury, MD, PhD



Mary Bretscher,  
MD, FACP



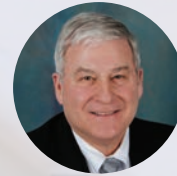
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Carla Daniels,  
APRN, CNP



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APRN, CNP



Andrew Guardia,  
PA-C



Brooke Trickey,  
APRN, CNP



Brittney Veenstra,  
APRN, CNP

# Welcome to Springfield Clinic's Cancer Center



## Appointments

Office visits, nurse visits and treatment visits should be scheduled with either the front desk reception staff or the infusion room reception staff before leaving from your visit. Please bring a copy of your current insurance card to each visit.

For patients who will have their blood drawn through a port or central line, please make an appointment with your provider's nursing staff to have your blood work drawn. All other patients can come in at any time during lab business hours to have their blood drawn by our lab staff.

## Prescription Refills

It is important to keep track of your medication and order refills **well before** you exhaust your supply. For medications not prescribed by your oncology provider, please contact the prescribing provider for refills.

If you haven't already done so, ask your physician about signing up for **myHealth@SC**, Springfield Clinic's online patient portal. The portal allows you to talk with doctor, schedule appointments and refill prescriptions in a secure online environment.

## Hours of Operation

### OFFICE HOURS

8 a.m. to 5 p.m.,  
Monday through Friday

### LAB HOURS

7:30 a.m. to 4:30 p.m.,  
Monday through Friday

## Contact Information

During regular office hours, call **217.528.7541**. After hours, on weekends or on holidays, call the same number and you will be referred to TeleNurse. TeleNurse is Springfield Clinic's around-the-clock help line staffed by registered nurses. These nurses will help answer your questions and offer medical advice. They can also contact your doctor or the doctor on call, if needed.

# What's next?

## Staging

Once cancer has been diagnosed, patients go through a process called **staging**. Staging helps to determine the extent of your cancer and helps your doctor to develop a treatment plan for you.

The type of studies required for staging depends on the type of cancer diagnosed. Springfield Clinic offers **various exams** to help with the staging process, including:

- X-ray
- Computed tomography (CT scan)
- Magnetic resonance imaging (MRI scan)
- Bone scan
- Laboratory testing
- Bone marrow biopsy

## Services & Treatments

Springfield Clinic's Cancer Center offers a wide variety of services and treatments, including:

- Education about prevention, screening and early detection
- Genetic testing and counseling
- Comprehensive breast cancer clinic
- Palliative care
- Chemotherapy
- Immunologic therapy
- Hormonal therapy
- NovoTTF therapy
- Rehabilitation services
- Dietetics and nutrition services

To help our patients and families coordinate care and provide access to resources, our clinic has an **oncology liaison** and an **oncology nurse navigator**. They can provide or help with:

- Financial assistance
- Medication assistance
- Transportation assistance
- Insurance questions
- Finding local resources & support groups





# My Diagnosis & Treatment Plan

Type: \_\_\_\_\_

Location: \_\_\_\_\_

Stage: \_\_\_\_\_

Date of Diagnosis: \_\_\_\_\_

Is chemotherapy planned? ☐ Yes ☐ No

If yes, what type of chemotherapy treatment is planned? \_\_\_\_\_

\_\_\_\_\_

If no, what other type of treatment is planned? \_\_\_\_\_

\_\_\_\_\_

How often will I receive treatment? \_\_\_\_\_

\_\_\_\_\_

How long will I receive treatment? \_\_\_\_\_

\_\_\_\_\_

Is radiation therapy planned? ☐ Yes ☐ No

How often will I receive radiation treatments? \_\_\_\_\_

\_\_\_\_\_

How long will I receive radiation treatments? \_\_\_\_\_

\_\_\_\_\_

Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# Allergies & Current Medications

## Allergies

Please list your allergies and type of reaction.

Allergy	Reaction

## Medications

Please list the medications you are currently taking along with the dose. Include both prescription and over-the-counter medications, including vitamins, herbal medications and supplements.

Medication	Dose

# Important Contacts

## Primary Care Physician

Name: \_\_\_\_\_

Nurse(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

## Medical Oncologist

Name: \_\_\_\_\_

Nurse(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

## Surgeon

Name: \_\_\_\_\_

Nurse(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

## Radiation Oncologist

Name: \_\_\_\_\_

Nurse(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

## Clinical Trials Coordinator

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

## Other

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

# Chemotherapy



## What is chemotherapy?

Chemotherapy is a type of cancer treatment given to destroy cancer cells.

## How does chemotherapy work?

Cancer cells grow and divide more rapidly than normal cells. Chemotherapy attacks these rapidly growing cells throughout the body.

## Consent for Chemotherapy

Before you start your chemotherapy regimen, your provider will review your treatment plan with you. Your provider will explain the purpose of your treatment, the medications involved, how it will be given and possible side effects related to your treatment.

After all of the information has been reviewed, you will be asked to sign an informed consent form for chemotherapy stating you understand the information that has been given to you about your treatment. You will receive a signed copy of the form for your records.

## How can chemotherapy be given?

Chemotherapy drugs can be given in the following ways:

**Injection** | The chemotherapy is given as a shot either into a muscle or under the skin.

**Intravesicular** | The chemotherapy is given into the bladder.

**Intravenous** | The chemotherapy is given through a vein.

**Intra-arterial** | The chemotherapy is given through an artery.

**Intraperitoneal** | The chemotherapy is given into the peritoneal cavity. The peritoneal cavity is a cavity in the abdomen that contains organs such as the liver, spleen, stomach, and intestines.

**Intrathecal** | The chemotherapy is given into the fluid surrounding the brain and spinal cord. It can be given through a needle placed directly into the spine or through a port placed under the skin of the scalp called an Ommaya reservoir.

**Oral** | The chemotherapy is given by mouth in the form of pill, capsule or liquid.

**Topical** | The chemotherapy is given as an ointment or cream that is rubbed into the skin.

# Chemotherapy

## Side Effects & Management

### Possible Side Effects from Chemotherapy

Chemotherapy works by attacking all rapidly growing cells in the body. This means it can affect healthy fast-growing cells too. These cells are found in the digestive system, bone marrow, skin and hair. Because chemotherapy affects these cells, some common side effects from chemotherapy include:

- Decreased blood cell counts
- Constipation
- Diarrhea
- Fatigue
- Hair loss
- Mouth sores
- Nausea or vomiting
- Skin and/or nail changes

Because every patient is different, not everyone will have the same side effects. The following pages will briefly explain each of these side effects; however, please talk with your doctor about possible side effects related to your chemotherapy treatment.





## Decreased Blood Cell Counts

Chemotherapy can affect your body's bone marrow. Bone marrow is where your body makes red blood cells, white blood cells and platelets. Because chemotherapy is designed to attack fast-growing cells, it can cause a decrease in the amount of red blood cells, white blood cells and platelets in your body.

### Red Blood Cells

Red blood cells are responsible for carrying oxygen throughout the body. They contain a protein called hemoglobin which helps them carry the oxygen away from the lungs to rest of the body. When there are not enough red blood cells in the body to carry the oxygen, you can feel tired, weak, dizzy or short of breath. This is called anemia.

**If you become anemic, here are some ways to help manage the symptoms of anemia:**

- Make sure you are getting enough rest. If you are having trouble sleeping eight hours during the night, try taking short naps throughout the day.
- Stand up slowly when getting up from sitting or lying down.
- Getting up too quickly can make you feel dizzy.
- Take rest breaks during your activities.

### White Blood Cells

White blood cells help defend your body against infection. During chemotherapy, you could be at an increased risk for developing an infection if your white blood cell count becomes low.

There are many different types of white blood cells. One type of white blood cell is called a neutrophil. When your neutrophil count becomes low, it is called neutropenia.

**If you develop neutropenia, here are some ways to help prevent an infection:**

- Practice good hand hygiene. Wash your hands with soap and water after using the restroom, after sneezing or coughing, after petting an animal and before and after cooking and eating. If soap and water is not available, you can use hand sanitizer. When using hand sanitizer, make sure to rub the product onto your hands until they are dry.
- Avoid contact with people who are sick.
- Avoid large crowds.
- Avoid picking up your pet's waste, cleaning litter boxes, bird cages or fish tanks.
- Practice good skin care, mouth care and body hygiene.
- Avoid eating undercooked or raw meat, seafood or egg products.
- Refrigerate leftovers as soon as you are finished eating.
- Thoroughly wash fresh fruits and vegetables before eating them.



## Chemotherapy Side Effects & Management continued...

### **Low Platelet Count**

Platelets help your blood clot when you are bleeding. Because platelets are made in the bone marrow, your body may have a difficult time making platelets during chemotherapy. A low platelet count is also known as thrombocytopenia. When your platelet counts are low, you can bruise more easily and are at an increased risk for bleeding. You may also develop a rash with small, pinprick sized, red dots called petechiae.

**If your platelet count becomes low, here are some ways to help reduce your risk of bleeding or injury:**

- Use a soft bristled toothbrush when brushing your teeth.
- Use an electric shaver instead of a razor when shaving.
- Blow your nose softly.
- Avoid playing sports or participating in any activity that could cause an injury.
- Please talk with your doctor before taking any vitamins, herbal supplements or new over-the-counter medications.

## Constipation

Constipation is when your bowel movements become less frequent or difficult to pass. Your stool may become hard or dry. Certain drugs, like chemotherapy or pain medicine, can cause constipation.

### Here are some ways to help manage your constipation:

- Drink plenty of fluids. Try to drink 8 cups of water or other fluids each day.
- Avoid alcoholic or caffeinated beverages.
- Stay active.
- Eat foods that are high in fiber. Bran, whole grains, beans and legumes, fresh or dried fruits and raw or cooked vegetables are all good sources of fiber.

## Diarrhea

Diarrhea is when your bowel movements become loose or watery. Your bowels may also move more frequently with diarrhea. Certain drugs, like chemotherapy or drugs used to treat constipation, can cause diarrhea. Infections can also cause diarrhea.

### Here are some ways to help manage your diarrhea:

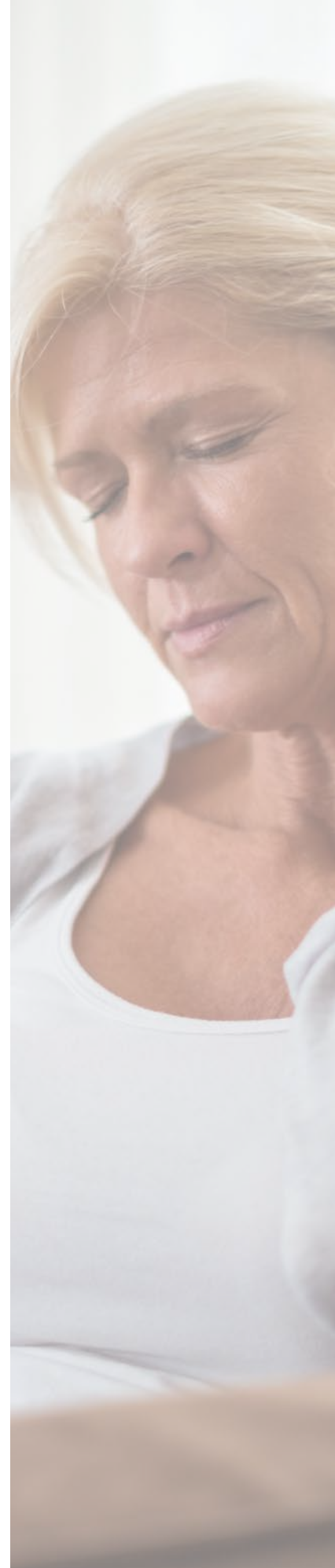
- Drink plenty of fluids. Try to drink 8 cups of water or other fluids each day.
- Avoid alcoholic or caffeinated beverages.
- Try eating 5 or 6 small meals throughout the day instead of 3 large meals.
- Avoid eating foods high in fiber.
- Eat foods that are low in fiber. Skinless chicken or turkey, cream of wheat, noodles, white bread, white rice, baked or mashed potatoes without the skin, applesauce, gelatin and yogurt are examples of low-fiber foods.

## Fatigue

Fatigue is often a side effect from cancer treatment. You may feel physically and emotionally tired. Fatigue can be caused by chemotherapy and radiation therapy. It can also be caused by medications, anemia, changes in your appetite or diet, pain, lack of sleep and stress.

### Here are some ways to help manage your fatigue:

- Get plenty of rest. Try to sleep at least eight hours each night.
- Plan your activities. Do the tasks most important to you first.
- Don't be afraid to ask for help.
- Take rest breaks.
- Eat a well-balanced diet and drink plenty of fluids.
- Stay active. Exercise can help decrease fatigue and improve your sleep during the night.
- Take some time to relax and enjoy your favorite activities.







## Chemotherapy Side Effects & Management continued...

### Hair Loss

Chemotherapy can cause hair loss, also known as alopecia. It affects all of the hair on your body including the hair on your head, face, arms, under arms, legs and pubic area.

Hair loss can be different for each patient. Some patients may have hair thinning while others may lose all of their hair completely. Hair loss usually starts two weeks after your first treatment and your scalp may be tender during this time.

Hair usually starts growing back two to three months after you have completed chemotherapy treatment. It may come back a different texture or color. For example, in some cases it comes back curly instead of straight or a lighter color versus an earlier darker color.

Hair loss can be the most difficult part of treatment for some patients.

#### **Here are some ways to help manage before and after your hair loss:**

- Consider cutting your hair short or shaving your head before you start treatment.
- If you decide to wear a wig, choose your wig before you start treatment so you can match it to your hair color and style.
- Some insurance companies will cover the cost of a wig for chemotherapy patients. If it will not, there are local resources available to help. We also have an assortment of free wigs available for our patients.
- Gently wash your hair with a mild shampoo and pat dry with a soft towel.
- Avoid using heated tools like a blow dryer, curling iron or hair straightener.
- Protect your scalp after hair loss. You can do this by wearing a scarf, turban or hat and applying sunscreen or sunblock to your scalp.



## Mouth Sores

Chemotherapy can affect the cells in the lining of your mouth and throat because, like cancer, they are fast growing cells. Some possible side effects include mouth sores, pain in your mouth or gums, dry mouth, infections and taste changes.

**If you develop any of these side effects during your treatment, here are some ways to help manage your symptoms.** Please tell your doctor or nurse if you are having a lot of pain in your mouth. There are medications available to help ease your pain.

### Dental Care

- Visit your dentist before starting chemotherapy for a check-up and to have any dental work completed before your treatment starts.
- Look at your mouth and tongue daily to check for any changes, such as redness, sores or white patches inside your mouth or on your tongue.
- Brush your teeth using a soft bristled toothbrush after eating and at bedtime.
- If your mouth is too sore to use a toothbrush, try brushing with a soft spongy oral swab. These are available at most drug stores or in the pharmacy section.
- Rinse your mouth after you eat and at bedtime with a baking soda solution. To make your own, mix  $\frac{1}{4}$  teaspoon of baking soda and  $\frac{1}{8}$  teaspoon of salt with 1 cup of warm water. If your mouth becomes sore, increase your rinses to every two hours while you are awake.
- Do not use any mouthwash that has alcohol in it because the alcohol can irritate your mouth.
- Keep your mouth and lips moist by drinking plenty of water throughout the day and by applying a lip balm or moisturizer to your lips. Ice chips, popsicles and sugar-free hard candy or gum may also be helpful.
- If you develop a metal-like taste in your mouth, try using plastic utensils to eat instead of metal utensils.

### Eating & Drinking

- Avoid eating foods that could irritate or hurt your mouth. This includes hot foods, spicy foods, crunchy foods like crackers or potato chips, orange and other citrus fruits and juices and sugary foods.
- Avoid drinking alcohol or smoking tobacco products.
- Pick foods that are soft and easy to chew and swallow.
- Pureed or chopped meats, eggs, cottage cheese, oatmeal, mashed potatoes, cooked vegetables, yogurt, pudding and ice creams are all examples of recommended foods to eat if you have a sore mouth.
- Bottled or canned nutritional supplements are also a good source of nutrition. Good nutrition is important because your body uses nutrients and proteins to promote healing in your mouth.

### Nausea & Vomiting

Chemotherapy may cause nausea and vomiting. Nausea is when you feel sick to your stomach or your stomach feels uneasy. Vomiting is when you throw up the contents of your stomach through your mouth. Nausea and vomiting can happen during or after your chemotherapy treatment. You may also experience nausea before your treatment. This is called anticipatory nausea.

There are medications available to help prevent and treat nausea and vomiting. These medications are called anti-emetics or anti-nausea drugs. You will receive these medications before your treatment. Your doctor may also have you take them for a certain number of days after your treatment or as needed. Your doctor may also prescribe more than one type of anti-nausea medication for you to take.

#### **Here are some ways to help prevent and treat nausea and vomiting:**

- Choose foods that are bland and easy for your stomach to break down, like clear broth, baked or broiled chicken without the skin, oatmeal, potatoes without the skin, saltine crackers, pretzels, white rice or toast, canned fruit, gelatin and yogurt.
- Avoid greasy, fried or overly fatty foods.
- Try to have a light meal or snack before your chemotherapy treatment.
- Avoid foods and drinks that have a strong smell or odor.
- Sucking on ice chips, popsicles or sugar-free hard candy or mints may be helpful.
- Try eating five or six small meals throughout the day instead of three large meals.
- Drinking liquids before or after meals instead of with your meals may help decrease nausea or queasiness.
- Avoid lying down right after you eat.
- Avoid eating your favorite foods when you are sick to your stomach or nauseated.

Remember, not all types of chemotherapy cause nausea or vomiting. It can vary depending on the type of drug, how much of the drug you are getting and how you will be receiving it. Please ask your doctor if nausea is a common side effect from the chemotherapy drug you will be receiving and be sure to tell your doctor or nurse if your anti-nausea medication isn't working.

## Skin and/or Nail Changes

Chemotherapy may damage the fast-growing cells in your skin and nails. It can cause changes like dryness, itching, acne, sensitivity to sunlight and cracked or brittle nails. Sometimes your nails may become darker, develop ridges or start to loosen from the nail bed. Most of the time these nail changes are not permanent, but it does take some time for the nails to grow back out.

### Here are some ways to help manage your skin and nail changes:

- When bathing, use lukewarm water instead of hot water.
- Use a mild soap.
- Apply moisturizing creams or lotion to your skin after you get out of the tub or shower.
- Avoid using perfumes, colognes or aftershave lotions that contain alcohol. These products may cause further irritation to your skin.
- Avoid direct sunlight and use a sunscreen or sunblock with an SPF of at least 15 or higher.
- Protect your skin from the sun by wearing long-sleeve shirts, pants, hats and sunglasses.
- Protect your lips and keep them moist by applying lip balm that has an SPF of at least 15 or higher.
- Wear well-fitting shoes to decrease friction against your skin.

Please let your doctor or nurse know right away if you develop any skin rash, redness, peeling or blisters.



# Other Possible Side Effects from Chemotherapy



## Effects on Thinking and Emotions

Chemotherapy can possibly affect the way your brain functions during and after your treatment. Some of the functions it can affect are memory and concentration. It can also affect the way you think. Sometimes these changes are referred to as “chemo brain.”

Talk with your doctor if you experience any confusion, memory changes or problems with concentration.

Being diagnosed with cancer and undergoing treatment can cause big changes in your life. It’s normal for patients and their loved ones to experience a wide range of emotions including anger, sadness and anxiety.

### Here are some ways to help cope with the emotional side effects from treatment:

- Talk with your doctor or nurse if you are feeling depressed or anxious.
  - Talking with a counselor or other mental health care professional can help you better understand the emotions you are feeling and help you find ways to cope.
- Consider joining a local support group.
- Eat a well-balanced diet. As previously mentioned, good nutrition is important because your body uses nutrients and proteins to promote healing and gain strength.
- Consider alternative treatments such as yoga, meditation or massage.



## Eye Irritation & Vision Changes

Chemotherapy can sometimes be irritating to your eyes. It can cause watering, itching and contact lenses to become uncomfortable. It can also cause dry eyes and vision changes such as blurriness. Talk to your doctor about any eye changes you experience during your treatment.

## Nervous System Changes

Some types of chemotherapy can affect your nervous system. The nervous system controls most of your body's organs and tissues including the brain and spinal cord. It also controls your sensory organs responsible for sight, hearing, taste, smell and touch.

Some possible nervous system side effects include numbness, burning or tingling in the hands and/or feet, muscle weakness, muscle aches, dizziness, clumsiness or loss of balance, difficulties picking up objects, vision changes and hearing changes.

**If you develop any nervous system changes, here are some ways to help manage your symptoms:**

- If you develop numbness or tingling in your hands, be careful when handling hot or sharp objects.  
If you develop numbness or tingling in your feet, always wear well-fitting shoes with rubber soles to protect your feet.
- If you are experiencing dizziness, stand up slowly when getting up from sitting or lying down.
- Check your home for potential trip hazards such as phone cords and area rugs.

Nervous system side effects usually get better over time but some side effects can be permanent. Be sure to tell your doctor or nurse right away if you develop any symptoms of nervous system changes or problems.





## Other Possible Side Effects from Chemotherapy continued...

### **Sexual & Fertility Changes**

Chemotherapy may affect a person's sexual organs and the way they function. It can affect the ability to impregnate or become pregnant. This is called infertility. Chemotherapy can decrease the number of eggs in your ovaries, or it can decrease your sperm count. These decreases in eggs and sperm can cause infertility.

Chemotherapy can cause a decrease in the amount of hormones your ovaries produce. This can lead to early menopause and cause symptoms of menopause including hot flashes, vaginal dryness, irritability, irregular menstrual periods or stoppage of menstrual periods.

Chemotherapy can also cause a decrease in other hormones, specifically testosterone. This can lead to a decrease in sexual desire and can affect the ability to achieve and maintain an erection.

For everyone, the emotional and physical stress from cancer and its treatment can affect a person's interest in sex and sexual activity.

Here are some ways to help manage sexual changes from cancer and its treatment:

#### **For women**

- Before you start chemotherapy, talk with your doctor about possible infertility issues from your treatment and if you want to have children in the future. Your doctor may discuss options such as referral to a fertility specialist or ways to preserve your eggs to use in the future.
- For women who have not gone through menopause, birth control is very important. Chemotherapy drugs can cause birth defects during the first trimester of pregnancy. Talk with your doctor about birth control options that are right for you.
- If you experience vaginal dryness, use a water-based lubricant when having sex. Avoid oil-based lubricants such as petroleum jelly or baby oil. These products can lead to infection or may cause a condom to tear. If your dryness does not improve or if vaginal sex is still painful, talk with your doctor about medications to help restore moisture within your vagina.
- To help prevent an infection, wear cotton underwear and panty hose with a cotton lining. Also, avoid wearing tight fitting pants or shorts.

#### **For men**

- Before you start chemotherapy, talk with your doctor about possible infertility issues from your treatment and if you want to have children in the future. Your doctor may discuss options such as referral to a fertility specialist or banking your sperm before you start treatment to use in the future.
- Again, birth control is very important. Chemotherapy can damage your sperm and cause birth defects, so it is important that your partner does not get pregnant during treatment.

#### **For everyone**

- Talk with your doctor to make sure it is okay for you to have sex during your treatment.
- Avoid having sex if your platelet levels fall below 50,000 to prevent injury.
- Chemotherapy is excreted through your bodily fluids for 48 hours following chemotherapy. It is important that you or your partner use protection if you have sex during this time period and throughout treatment.
- Talk with your partner about your feelings and concerns.
- Talk with your doctor or nurse about any sexual side effects you experience during your treatment.

Remember, not all patients will experience sexual changes during their treatments. You may experience different side effects based on the type of treatment you are receiving, your age or other side effects you may be experiencing such as nausea or fatigue and other medical problems you have. Talk with your doctor about possible sexual changes related to your treatment.



# During Your Treatment



During your cancer treatment, your primary care physician will continue to remain an integral part of your health care team and will work together with our providers to provide you with the best care possible.

For conditions currently overseen by your primary care physician and other specialists, such as diabetes or hypertension, please contact their offices so their teams can continue to manage your care.

## When to Call Your Doctor

For our patients receiving chemotherapy, please call our office if you develop any of the following symptoms:

- A fever of 100.5°F or higher or shaking chills
- Dizziness or feeling faint
- Headaches or vision changes
- Unexplained bruising or bleeding
- Persistent vomiting over 24 hours
- Diarrhea with more than three stools a day or lasting more than 24 hours
- Severe mouth sores or a sore throat
- Painful urination
- Blood in your urine or bowel movements
- Labored breathing, wheezing or a new cough
- Pain, redness or swelling at your IV site

**Go to the closest emergency room if you develop any of the following symptoms:**

- Chest pain
- Severe difficulty breathing
- Bleeding that does not stop
- Seizures



# Pharmacy

Springfield Clinic's Cancer Center includes a modern, state-of-the-art compounding pharmacy to safely and expertly prepare chemotherapy, hydration fluids, iron replacement, antibiotics and intravenous immunoglobulins. Prepared in a sterile environment, we ensure that your treatment is made accurately and safely. Orders are checked for accuracy and appropriateness for your needs, and the pharmacists work closely with the physicians and nurses to streamline the process.

Additionally, we offer an oral dispensing pharmacy for this high-risk and specialized area of oncology. We work with your physician and your insurance provider to fill your specialized medications in the same place you see your physician.

Medications can be delivered to you during an appointment or during your time in the infusion unit. If the co-pay for your medications (as determined by your insurance) is costly (greater than \$50), we will initiate a financial inquiry with multiple resources to find the assistance needed to continue your treatment.

Refills, as directed by your physician, can also be filled at our pharmacy. Please call 217.528.7541 and ask for the oncology pharmacist (at extension 24369) one to two days prior to needing more medication. Both new prescriptions and refills can be picked up at the Cancer Center between 8 a.m. and 4 p.m. on weekdays.

Our goal is to provide the medications you need in an affordable and convenient manner. Our pharmacist is available to answer any questions you may have.



# Radiation Therapy

## What is radiation therapy?

Radiation therapy is a type of cancer treatment that kills cancer cells by sending high doses of radiation directly to the area where the cancer is or was located prior to surgery. Radiation can be used to shrink a tumor, to treat the surgical site after a tumor has been removed or to decrease symptoms, like pain. It may also be given along with chemotherapy treatments.

## How is radiation therapy given?

Radiation therapy may be given externally (outside of the body) or internally (inside the body). External radiation is delivered by a machine. The machine is controlled by a radiation therapist and aimed directly at the area to be treated. The procedure is similar to having an X-ray taken.

Internal radiation is given inside the body. It may be placed directly into or near the cancer in the form of seeds or capsules. It may also be given in a liquid form by mouth or by IV therapy. Internal radiation delivers higher doses of radiation in a shorter period of time compared to external radiation.

## How often is radiation given?

External radiation is most often given five days a week, Monday through Friday, for up to six weeks.

## What are some possible side effects from radiation therapy?

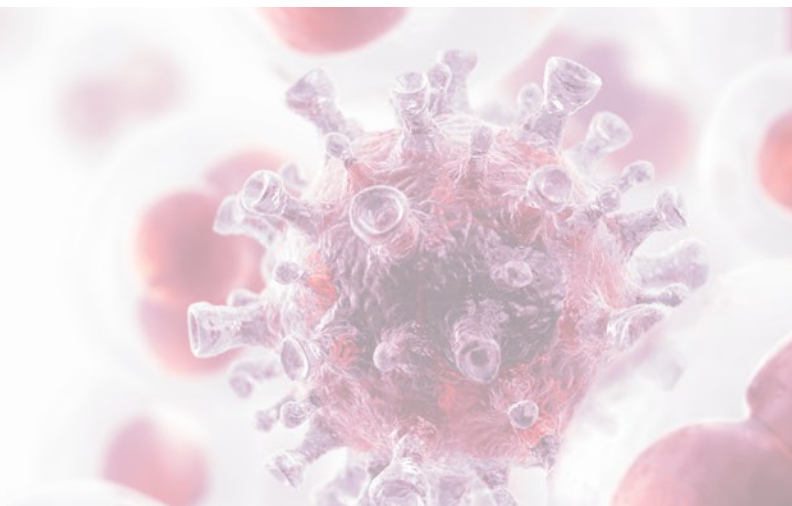
Side effects from radiation therapy can be different for each patient and may vary depending on which part of the body is treated. However, some common side effects from radiation therapy include:

- Fatigue
- Dry or peeling skin
- Redness and/or itching
- Darkening of the skin
- Moist or weeping skin
- Thickening of the skin

Talk with your doctor about possible side effects related to your radiation treatment.

# Other Therapies

Your provider may recommend a different type of cancer treatment, either in addition to chemotherapy or instead of chemotherapy. Two other types of cancer treatment include immunotherapy and targeted therapy.



## Immunotherapy

### What is immunotherapy?

Immunotherapy is a type of cancer treatment that helps your immune system fight cancer. It is sometimes referred to as “biotherapy”, and includes several different types of drugs.

### How does immunotherapy work?

Your immune system helps your body fight infections and other diseases. It is made up of white blood cells and organs and tissues of the lymph system.

Some immunotherapy drugs make cancer cells easier for your immune system to find and destroy, while other immunotherapy drugs boost your immune system to work better against your cancer. Sometimes immunotherapy is given along with chemotherapy. Immunotherapy may also be given alone.

### Who can receive immunotherapy?

Immunotherapy is not yet used as often as surgery, chemotherapy and radiation therapy. However, immunotherapy drugs have been approved to treat patients with many types of cancer. Your provider can determine whether or not you are a candidate for treatment with immunotherapy.

### How can immunotherapy be given?

Immunotherapy drugs can be given in the following ways:

**Injection** | The immunotherapy is given as a shot either into a muscle or under the skin.

**Intravesicular** | The immunotherapy is given into the bladder.

**Intravenous** | The immunotherapy is given through a vein.

**Oral** | The immunotherapy is given by mouth in the form of a pill, capsule or liquid.

**Topical** | The immunotherapy is given as an ointment or cream that is rubbed into the skin.

### Consent for Immunotherapy

Before you start your immunotherapy regimen, your provider will review your treatment plan with you. They will explain the purpose of your treatment, the medications involved, how it will be given, and possible side effects related to your treatment.

After all of the information has been reviewed, you will be asked to sign an informed consent form for immunotherapy stating you understand the information that has been given to you about your treatment. You will receive a signed copy of the form for your records.



## Immunotherapy Side Effects & Management

Immunotherapy works differently than chemotherapy. Therefore, side effects with immunotherapy and the way they are managed may differ from those with chemotherapy. The side effects that you may have and how they make you feel depend on how healthy you are before treatment, your type of cancer and how advanced it is, and the type and dose of immunotherapy you are getting.

### Side effects of Immunotherapy

- Fever, chills
- Weakness
- Dizziness
- Nausea or vomiting
- Muscle or joint aches
- Fatigue
- Headache
- Trouble breathing
- Low or high blood pressure
- Swelling and weight gain from retaining fluid
- Heart palpitations
- Sinus congestion
- Diarrhea
- Risk of infection
- Skin reactions at the needle site

Talk with your doctor about possible side effects related to your immunotherapy. It is very important for you to promptly notify your doctor of any side effects that you are experiencing so they can be managed safely.

It is also very important for your other doctors to know if your cancer is being treated with immunotherapy.



# Targeted Therapy

## What is targeted therapy and how does it work?

Targeted therapy is another cancer treatment option for some patients. It works by targeting the changes in cancer cells that help them grow, divide, and spread. For example, some targeted therapies work by stopping signals that help the body form new blood vessels that help the tumor grow.

## How can targeted therapies be given?

Targeted therapies can be given in the following ways:

**Oral** | The targeted therapy is given by mouth in the form of a pill, capsule or liquid.

**Intravenous** | The targeted therapy is given through a vein.

## Who can receive targeted therapy?

Targeted therapies are known to be effective for cancers that contain certain “targets” for which drugs are available to treat. Your tumor may need to be tested for these “targets” to see if targeted therapy could work for you. Sometimes a biopsy of the tumor is needed for this testing.

## Consent for Targeted Therapy

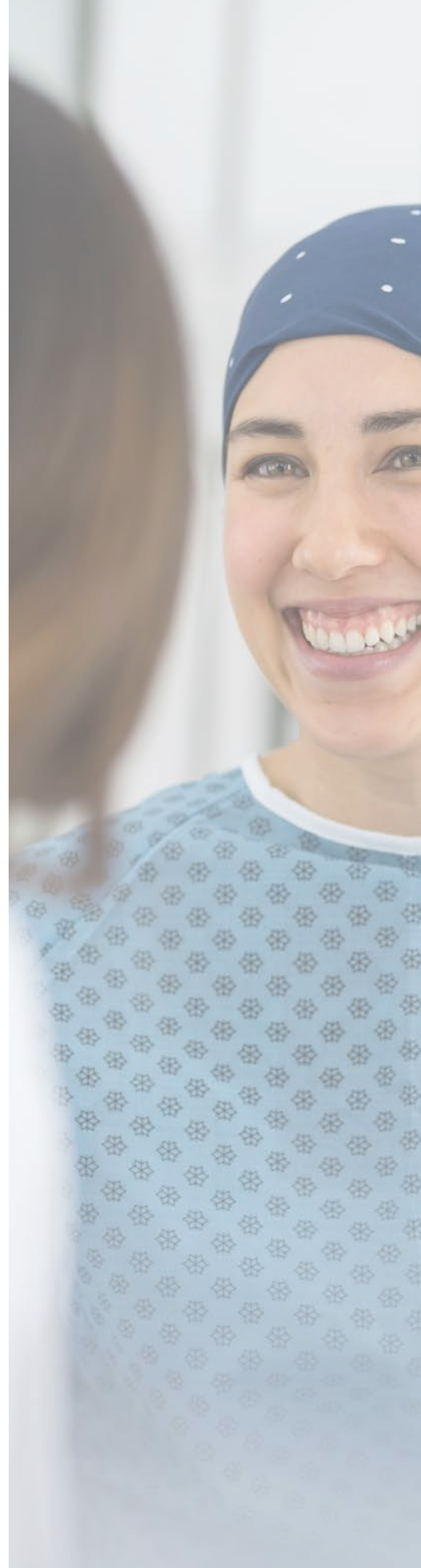
You will receive education about your treatment with targeted therapy and its effects. You will be asked to sign an informed consent form, same as for patients receiving chemotherapy or immunotherapy.

## Targeted Therapy Side Effects and Management

Targeted therapy can cause side effects. The side effects that you may have depend on the type of targeted therapy you receive and how your body reacts to the therapy. The most common side effects include diarrhea and liver problems. Other possible side effects are rash, dry skin, fatigue, problems with blood clotting and wound healing, high blood pressure, mouth sores and nail changes.

Talk with your doctor about possible side effects related to your targeted therapy. It very important for you to promptly notify the doctor of any side effects you are experiencing so they can be managed safely.

It is also very important for your other doctors to know if your cancer is being treated with a targeted therapy.





# Clinical Trials

## **What are clinical trials?**

Clinical trials are research studies that help doctors find new ways to treat diseases like cancer. They can also help find ways to prevent cancer or manage side effects caused by cancer or cancer treatment.

## **Are clinical trials available at Springfield Clinic?**

Springfield Clinic is proud to offer clinical trials as a treatment option for our patients. Ask your doctor about current trials available and if they are right for you.

## **What is informed consent?**

If you decide to enroll in a clinical trial, you will be asked to sign an informed consent form. An informed consent form is a document that contains information about the trial including the purpose of the trial and the potential side effects, risks and benefits. Before signing the consent form, your doctor or research staff will review the form with you and will be there to answer any questions you or your family may have.

## **Can I stop being in a clinical trial?**

Yes. You can withdraw or stop participating in a clinical trial at any time for any reason. Be sure to talk with your doctor if you no longer wish to participate so they can make sure the study medication is stopped safely.

## **Where can I learn more about clinical trials?**

To learn more about clinical trials, you can contact the National Cancer Institute at 1-800-4-CANCER or visit their website at [www.cancer.gov](http://www.cancer.gov).

To learn more about the clinical trials offered here at Springfield Clinic, talk with your doctor or visit the Springfield Clinic Clinical Research website at [www.SpringfieldClinic.com/ClinicalResearch](http://www.SpringfieldClinic.com/ClinicalResearch).

# Infusion



## **What should I expect on my first day of treatment?**

The first time receiving treatment can be a time full of fear and uncertainty. The following information is offered to help alleviate some of these concerns by giving you and your family a better idea of what to expect on your first day of treatment.

Once you enter the infusion room, one of our receptionists will check you in for treatment. They will take your treatment orders and make sure you have an identification bracelet.

Next, a staff member will direct you to your treatment area. For your first visit, you will likely be seated closer to the nurses' station so the infusion staff can monitor you more closely and be readily available to answer any of your questions.

After you are seated, a staff member will greet you and offer you a warm blanket and pillow. If you are not scheduled to see your doctor before treatment, you will be asked to fill out a review of any symptoms you are experiencing. A registered nurse will review your assessment with you and start your IV if it is necessary for your treatment, or access your port if it was not accessed during an office visit. The nurse will also review your treatment plan with you and answer any questions you may have prior to starting your treatment.

## **Hours of Operation**

### **INFUSION HOURS**

8 a.m. to 5 p.m.,  
Monday through Friday

## **What types of treatments are given in infusion?**

Springfield Clinic's Cancer Center offers a wide variety of services and treatments to our patients. Some of these treatments include:

- Chemotherapy
- Immunotherapy
- Biotherapy
- Fluid Replacement
- Iron treatments



### **How long will I have to wait before my treatment is ready?**

Each set of treatment orders is processed by our team of highly skilled chemotherapy and biotherapy certified nurses. Our nurses perform a system of checks to make sure the dose of each medication prepared is safe and accurate. Because this process takes time, we ask for your patience while your medications are being prepared. We understand waiting can be very frustrating, but please remember we do this for the safety of our patients, and that is our top priority. Your nurse will keep you updated throughout the process.

### **How long will my treatment take?**


The length of each patient's treatment can vary depending on what drug or drugs he or she may be receiving. Also, many treatments require pre-medications to be given before the treatment starts to prevent or decrease possible side effects. Pre-medications can add anywhere from 20 minutes to an hour to your treatment time. Some medications require patients to remain in the infusion room for a specific amount of time after their treatments have been completed. Talk with your doctor about the expected length of your treatment.

### **Can I eat during my treatment?**

Yes. For patients receiving chemotherapy, we recommend eating a light meal before your treatment. You may also eat during your treatment. In general, non-spicy and non-greasy foods are best. You may bring your own food and snacks with you to treatment. However, please remember chemotherapy patients can be overly sensitive to strong smells and odors. We also offer a variety of snacks and drinks that are available in the treatment area free of charge. These items include:

- Cookies
- Graham crackers
- Saltine crackers
- Iced tea
- Coffee (regular & decaffeinated)
- Water
- Lemon lime soda (regular and diet)
- Apple juice
- Orange juice





### **Should I take my regular medication on the day of treatment?**

Yes. Unless your doctor specifically instructs you otherwise, you should continue to take your regular medication during treatment. Also, if you will be due for any dose of your medications during your treatment, including pain medications, please bring them with you to your appointment. If you are diabetic, please bring your glucose monitoring equipment, insulin, syringes or any other supplies with you as well.

### **Can I go to the restroom during my treatment?**

Yes. Since our pumps are designed to continue infusing when they are unplugged, it is okay to unplug them and roll them with you into the restroom. If you need quick access to a restroom or have trouble getting around, please let the staff know and they can seat you closer to a restroom.

### **Can I drive myself home after treatment?**

Some of the medications your doctor may order as part of your treatment can make you drowsy or woozy. Patients who receive these types of medications are not allowed to drive home for safety reasons. Please ask your doctor if you will be receiving any medications that may make you drowsy so you can make prior arrangements to get home safely.

### **May I bring someone with me to my treatment?**

Visitors are welcome in the treatment area. However, we request that each patient have no more than one visitor at a time. This is to ensure the safety of both patients and staff. A limited number of chairs are available in the treatment area for visitors. We request visitors be at least 16 years old.

### **What else should I bring to treatment with me?**

If you are on oxygen therapy, please bring your equipment with you. This includes your canister, nasal cannula and a back-up canister if your oxygen supply might run low during a longer treatment. When planning how many canisters you will need, remember to consider your travel time to and from your appointment.

#### **You may also bring:**

- A favorite pillow or blanket
- A laptop, e-reader, tablet or mobile phone. Free Wi-Fi is available (pictures and/or videotaping are not allowed).
- Small hobby supplies
- Books, crossword puzzles, etc.
- Personal supplies—This includes colostomy supplies, dressing change supplies and incontinence supplies.



### **Are there any special precautions I need to take at home after receiving chemotherapy?**

Yes. It usually takes 48 hours or two days for chemotherapy to leave the body. During this time, it can leave the body through bodily fluids such as blood, saliva, vomit, urine and stool.

Follow these precautions during your infusion and for 48 hours after your treatment to help prevent yourself and others from coming into contact with bodily fluids that may contain chemotherapy.

- Wash laundry soiled with bodily fluids by itself in hot water. Wash these items twice and wear disposable gloves when handling these items. If the items cannot be washed right away, place them in a plastic bag until they can be washed.
- Close the lid on the toilet after using the restroom and flush the toilet twice. Closing the lid helps prevent splashing.
- Caregivers should wear disposable gloves any time there is a chance they could come into contact with your bodily fluids.
- Items used for bodily waste such as basins, bedpans, urinals and commodes should be washed with soap and water after being used and dried with disposable paper towels.
- Wash your hands with soap and water after using the restroom and after removing gloves used to handle soiled items.

### **If I have another appointment during my treatment, can I leave and come back?**

We request that you please make every effort not to schedule other appointments on the day of your treatment unless you are sure your treatment will be completed and you will have plenty of time to get to your other appointment.

### **Are there any symptoms I need to tell my nurse I am experiencing?**

It is possible to develop a treatment reaction to certain drugs. These reactions are more easily treated if caught early. Please notify staff immediately if you begin to experience ANY of the following symptoms during ANY part of your treatment:

- |                       |                     |
|-----------------------|---------------------|
| • Itching             | • New pain          |
| • Rash/Flushing       | • A feeling         |
| • Shortness of breath | “something just     |
| • Chest pressure      | isn’t right”        |
| • Nausea              | • Any other unusual |
| • Headache            | symptom             |

### **Where can I find additional information?**

We offer a library of informational pamphlets, brochures and catalogs for you to take. A variety of wigs, turbans and hair accessories are also available free of charge.

# A Note to Our Patients

We appreciate your confidence in selecting Springfield Clinic as your health care provider. Your satisfaction is very important to us. If your needs are not being met, we hope that you speak with one of our staff directly or fill out a Patient Experience comment card located throughout the patient reception area.

A patient satisfaction survey may be mailed to your home or sent electronically to you via email after your visit. We ask that you please take a moment to complete and submit the survey. Your candid and honest feedback will directly affect how Springfield Clinic makes improvements to better serve your needs and will continue to uphold our mission of providing the highest quality health care to the people of central Illinois.

*Thank you again for choosing Springfield Clinic.*

## Notes

[illegible]



[illegible]

## Notes

[illegible]

# manage your health **online**

Ask us how to sign-up for **myHealth@SC**, our online patient portal.



**SEND & RECEIVE  
SECURE MESSAGES**

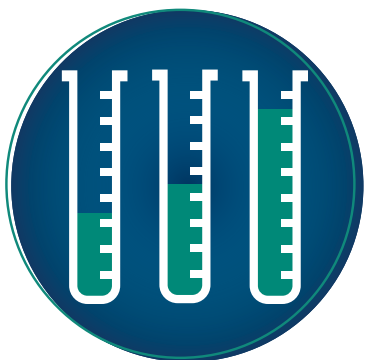


**SET UP AUTHORIZED  
USER ACCOUNTS**

*for children, your spouse or dependent adults*



**SCHEDULE  
APPOINTMENTS**



**VIEW TEST & LAB  
RESULTS**



**REQUEST REFILLS  
OF PRESCRIPTIONS**

[www.SpringfieldClinic.com/Signup](http://www.SpringfieldClinic.com/Signup)

I had the rare opportunity to show my girls how hard a woman can **fight against adversity.**

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BARBI WALTER

I want to **prove it wrong.**  
I want to prove cancer wrong.

---

ALAN CHASE

Cancer can certainly become part of who you are, but it doesn't have to **define you.**

---

LISA TOMASINO

Cancer has actually given me **strength**  
**I didn't know I had.**

---

PHYLLIS SUITER

We just live with it, try our best to move on, and be happy. **We grab each other's hands and pray.**

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DANIEL BOYER

