



## Radiation Therapy for Breast Cancer

This handout will give you information about the side effects you may have from radiation therapy.

After each radiation treatment, it is safe for you to be around other people (including children) and pets. You are not radioactive.

We will give you and your family member/partner-in-care support during your treatments. We will also answer any questions you have.

### Side effects from radiation treatment to your breast

Radiation treatment side effects are not the same for everyone. The side effects you have depends on: the part of your body being treated, the type of radiation, the number of treatments you have and your general health. Side effects may be caused by other treatments you are having. It is important that you keep a healthy weight during your treatments. If you are having problems with this, ask to be referred to a dietitian.

The following information is about the side effects you may have.

### No energy/feeling tired

Radiation Therapy to the breast may cause you to feel tired. You may find your energy level is low.

What you can do to help:

- Keep your normal sleeping schedule. Wake up at the same time each day.
- A short nap (less than an hour) between 12pm and 3pm may give you more energy.
- Reduce your alcohol and caffeine in the afternoon and evening.
- Plan your day with time to rest before and after activities.
- Eat healthy foods. Eat small meals and snacks throughout the day.
- Drink 6 to 8 cups (1 cup = 250ml) of liquid every day. This will help you stay hydrated.
- Keep active with about 30 minutes of exercise (example: walking) each day. If 30 minutes is too hard, split it up into shorter 5 to 10 minute sessions.

For more information, read the “How to Manage Your Fatigue” booklet found at [www.cancercareontario.ca/en/symptom-management/3991](http://www.cancercareontario.ca/en/symptom-management/3991)

### Skin symptoms

Radiation therapy to your breast may cause you to have dry, itchy and or reddening of the skin in the treatment area. These symptoms are common in areas where there is friction or skin folds. You may have loss of hair in the treatment area.

## Caring for your skin in the treatment area

You can:

- Wash your skin gently. Use an unscented soap and lukewarm water. Pat dry.
- Use lanolin free unscented lotions or creams to moisturize your skin.
- Wear soft, loose fitting clothing over your skin in the treatment area.
- Use an electric razor and not a disposable shaver to shave your skin in the treatment area.

Do not:

- Do not go swimming if you have sores or open areas on your skin in the treatment area.
- Do not use aftershave or perfume on your skin in the treatment area.
- Do not use baby powder or cornstarch on your skin in the treatment area.
- Do not use aloe vera on your skin in the treatment area.
- Do not use a heating pad or ice pack on your skin in the treatment area. Do not sit in a hot tub.
- Do not use adhesive tape or band-aids on your skin in the treatment area.
- Do not allow your skin surfaces to rub together or clothing to rub against your skin in the treatment area.
- Do not expose your skin in the treatment area to direct sun. Wear a wide brimmed hat and shirts that covers your skin in the treatment area. Stay in the shade if possible.
- Do not use sunscreen on your skin in the treatment area. After your treatment is finished and your skin has healed (no open areas) you may use sunscreen (SPF 30+).

It is important to let your healthcare team know if you have signs or symptoms of an infection (for example: a fever, drainage, or odour) of a sore or wound on your skin in the treatment area.

### **Relationships, body image and intimacy symptoms**

Radiation therapy can affect your relationships, body image and intimacy. It may change the way you feel about sex. It is also common to have fears and worries that may affect your relationships with others. This can cause changes in your stress level and emotions.

What you can do to help:

- Talk to any member of your healthcare team about your fears and worries.
- Talk to your family and friends about your fears and worries.
- Ask any member of your healthcare team about community programs that can help support you such as Hearth Place, Canadian Cancer Society, and the Look Good Feel Better Program.
- Keep a daily journal throughout your treatment.

For more information read the “Intimacy and Sex For People With Cancer and Their Partners” booklet found at [www.cancercareontario.ca/sites/ccocancercare/files/IntimacyandSex.pdf](http://www.cancercareontario.ca/sites/ccocancercare/files/IntimacyandSex.pdf)

## **Preparing for your treatment**

Go to the main reception on B1 level for your first appointment. The clerk will show you how to check in at the computer for your appointments. Your first day on the treatment unit may take extra time. The radiation therapists will check the treatment plan made for you. X-ray images will also be taken. These images will be used to check that your treatment matches your treatment plan. This process will be repeated throughout your treatment.

## **After your treatments are finished**

Any side effects you have from your radiation treatment will continue for 4 to 6 weeks after you are finished. Some of the side effects may get worse before they get better. At your last treatment appointment, the radiation therapists will review any care you need to continue during this time. Make sure you have a follow up appointment booked with your radiation oncologist.

## **If you have a problem or concern about a symptom or side effect from your cancer treatment:**

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm, (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 5 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

Talk to a nurse using one of these options:

- Call the after-hours telephone line at 1-877-681-3057.
- Request a video call by going to [www.carechart.ca](http://www.carechart.ca).
- Use the CareChart Digital Health App. This App is available to download for iOS or Android devices.

Call 911 or go to the emergency department at the hospital closest to you for a medical emergency. Please talk to any member of your healthcare team if you have questions or do not understand any of the information in this handout.

For more information on radiation treatment, see the Canadian Cancer Society's booklet on Radiation Treatment: A Guide for People with Cancer. Go to [cancer.ca](http://cancer.ca) and search for the name of the booklet.

Last reviewed: November 2021