

Kent Oncology Centre

Radiotherapy side effects and management: Bone

Information for patients

We hope this leaflet will help you understand the side effects that may occur when having external radiotherapy to the bone. It also explains how any side effects are best managed. If you would like to speak to one of the radiotherapy team please feel free to contact them on the numbers given below:

Maidstone Hospital

Macmillan Radiotherapy Specialists
Appointment enquiries

 01622 225094
 01622 225080

Kent & Canterbury Hospital

Macmillan Radiotherapy Specialists

 01227 766877
ext. 722 2711

Appointment enquiries

 01227 783010

You will be given a copy of our leaflet 'External Beam Radiotherapy' which we advise you to read alongside this leaflet; it provides general information about radiotherapy and useful contact numbers. If you have not been given a copy please ask.

Our leaflets can also be found on the **Kent Oncology Centre website:** www.kentoncologycentre.nhs.uk

Side effects from external radiotherapy to the bone

Some side effects may occur, usually towards the end of the course of treatment and also during the first few weeks after treatment has finished. These side effects can be upsetting and may require you to make some adjustments to your normal life, but most are temporary and will gradually disappear after a few weeks. Treatments given over several weeks give more side effects than a short course of treatment.

Radiotherapy does not make you radioactive. It is safe for you to be with other people, including children, throughout your treatment.

Pregnant?

Please tell the medical staff if you might be pregnant; radiotherapy can harm the developing baby.

Short term side effects

You will be monitored throughout your treatment by the radiotherapy team. Please let them know if you experience any of the following problems:

Tiredness

Radiotherapy can make you tired so you may need more rest than usual, especially if you have to travel a long way for treatment every day. It is good to try to get some exercise each day, however gentle.

Loss of appetite and sickness

Some people lose their appetite as an effect of radiotherapy. It is often better to try to eat little and often. It is also important to drink plenty of fluids e.g. water, squash, fruit juice, milk and soups. If you struggle to eat much, it is a good idea to supplement your meals with nutritious high-calorie drinks. These are available on prescription or can be bought from the chemists. The radiographers can arrange for you to see a dietitian who can advise you on your diet.

When certain areas of the body (e.g. mid spine) are treated with radiotherapy this can cause nausea (feeling sick). You will be given medication to help if this is likely.

Bowel effects

If the treatment area is within the pelvis or in the lower spine the radiotherapy may irritate the bowel and cause some bowel frequency, urgency or even diarrhoea. This should settle around two to three weeks after treatment. Drinking plenty of fluids and altering your diet may help. Occasionally medication may be required.

Increased pain

Your consultant may have recommended this treatment to help reduce pain; however, before you notice any improvement you may experience increased pain during your course of radiotherapy and possibly for a week or two afterwards. This is due to the radiotherapy having an effect on the area. If you need stronger pain killers please tell the radiotherapy team.

Hair loss

This only occurs in the area being treated.

Skin changes

Skin reactions in the treatment area should be mild, with slight redness and itching, but your skin reaction can be affected by the dose and type of treatment that your consultant has prescribed. It can also be dependent on your type of skin, your shape, any existing conditions such as diabetes and especially if you smoke. Advice can be provided to help you stop smoking.

Tips for helping your skin include:

- Wash the skin gently using soap or aqueous cream and gently pat dry.
 - To reduce irritation to the treatment area you may use a moisturiser sparingly. The radiographers can advise on this.
 - Wear loose fitting natural fibre clothing next to the skin
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- Avoid heating and cooling pads/ice
 - Avoid hair removal products
 - Avoid adhesive tape
 - Ensure the treated skin is covered when out in the sun. Your skin may be more sensitive to the sun especially in your first year after treatment; it is advisable to apply a high factor sun screen.

After finishing treatment you may be aware of your skin reaction becoming worse for up to another two weeks. Continue with the suggested skin care tips, returning gradually to your usual skin care regime when your skin has returned to normal.



Please use this space to write any notes or questions you may have.



Further information and advice can be obtained from:

**Kent Oncology Macmillan Cancer Information Centre,
Maidstone Hospital**

Offers support and information to anyone who has concerns about cancer (patients, relatives, friends or carers).

☎ 01622 227064

Macmillan Cancer Support

Provide practical, medical and financial information

☎ 0808 808 0000 (Freephone)

Website: www.macmillan.org.uk

Cancer Research

This charity provides information about cancer, treatment and clinical trials.

☎ 0808 800 4040

Website: www.cancerresearchuk.org

Patient Experience Teams (PALS) for East Kent patients

Kent and Canterbury Hospital

Desk at the outpatient's entrance of the hospital

Queen Elizabeth The Queen Mother Hospital

Office at the main entrance of the hospital (Ramsgate Road)

William Harvey Hospital

Desk at the main entrance of the hospital

☎ 01227 783145 or 01227 864314

Email: ekh-tr.patientexperienceteam@nhs.net

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone: ☎ 01622 224960 or ☎ 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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