

Symptom Management

the GIST Patient

Common Side Effects of Gleevec





Common Side Effects of Gleevec

- Fluid retention
- Vomiting
- Muscle cramps
- Muscle or bone pain
- Diarrhea
- Fatigue
- Nausea
- Rash
- Abdominal pain
- Hemorrhage (Abnormal bleeding)

Common Side Effects of Sutent





Common Side Effects of Sutent

- Fatigue
- Diarrhea
- Nausea/Vomiting , Altered Taste
- Rash/dermatitis and skin discoloration
- Arthralgias, Edema
- Hypertension, Headache
- Dyspepsia, Stomatitis
- Low blood counts Anemia, Neutropenia, Thrombocytopenia
- Hypothyroidism
- Elevated blood pressure

Common Side Effects of Nexavar





Common Side Effects of Nexavar

- Fatigue
- Weight loss
- Rash Hand Foot Syndrome
- Alopecia
- Diarrhea
- Loss of Appetite
- Nausea
- Abdominal Pain

Common side effects of Tasigna





Common Side Effects of Tasigna

- Low Blood Count
- Rash
- Nausea
- Headache
- Fatigue
- Diarrhea
- Constipation
- Itching
- Q-Wave changes Irregular heartbeat & fainting



Tasigna

- EKG done before and 7 days after starting
- Should be taken on an empty stomach
- Grapefruit juice will increase the blood levels
- Capsules contain lactose

Fatigue





What is Fatigue?

- **Fatigue means feeling tired physically and mentally.**
- **Fatigue is the most common symptom associated with cancer and cancer treatment.**
- **Fatigue is characterized as overwhelming, whole body tiredness that is unrelated to activity or exertion.**

What are the warning signs of Fatigue?

- A weak feeling over the entire body
- Waking up tired after sleep
- Lack of motivation to be physically active
- Difficulty concentrating
- Lack of energy
- Increased irritability, nervousness, anxiety, or impatience

What are the warning signs of Fatigue?

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What can be done to prevent Fatigue?

- **Prioritize activities**
- **Place things within easy reach**
- **Drink 8-12 glasses of fluid daily**
- **Eat a balanced diet that includes protein**
- **Exercise**
- **Balance rest and activities**
- **Reduce stress**
- **Keep a fatigue journal**

Rash





Rash

- Mild treat with antihistamines or topical steroids
- Moderate treat with oral steroids
- Severe may require dose adjustment

More frequent in females

Appears to be dose dependent

Hand - Foot Syndrome





Symptoms of Hand-Foot Syndrome

- Tingling or burning
- Redness
- Flaking
- Swelling
- Small blisters
- Small sores on the palms of the hands or soles of the feet



Prevention

- **Reduce exposure of hands and feet to friction and heat by avoiding the following:**
- Hot water (washing dishes, long showers, hot baths)
- Impact on your feet (jogging, aerobics, walking, jumping)
- Using tools that require you to squeeze your hand on a hard surface (garden tools, household tools, kitchen knives)
- Rubbing (applying lotion, massaging)



Treatment

- Hand-foot syndrome is first treated by reducing the dose or stopping treatment with the chemotherapy drug that is causing it. Other approaches to managing hand-foot syndrome include:
- **Corticosteroids:** Steroids work by reducing inflammation. Your doctor may recommend a systemic corticosteroid (administered in a pill) to help relieve the symptoms of hand-foot syndrome.
- **Dimethyl-sulfoxide (DMSO):** Topical treatment with DMSO has shown activity in treating leakage of chemotherapy drugs into tissues. [\[2\]](#)
- **Vitamin B6 (pyridoxine):** A small clinical trial has shown that treatment with vitamin B6 can reduce the symptoms of hand-foot syndrome. [\[3\]](#)



What can I do

- Cool with ice packs for 15-20 minutes at a time
- Elevate hands and feet
- Apply antibiotic ointment on open sores
- Apply moisturizers sparingly
- Avoid constrictive clothing

Edema





Edema

- Eye puffiness
- Lower extremity swelling
- Increase in abdominal girth
- Shortness of breath
- Weight gain



Management of Edema

- Weigh daily
- Be alert to changes of your body
- Limit your salt intake

Muscle Cramps

- May occur in hands, feet & legs
- Occasional in nature
- Increase with prolonged therapy





Muscle Cramps

- Increase oral fluid intake
- Take a magnesium or calcium supplement
- Exercise regularly
- Tonic water which contains quinine

Diarrhea

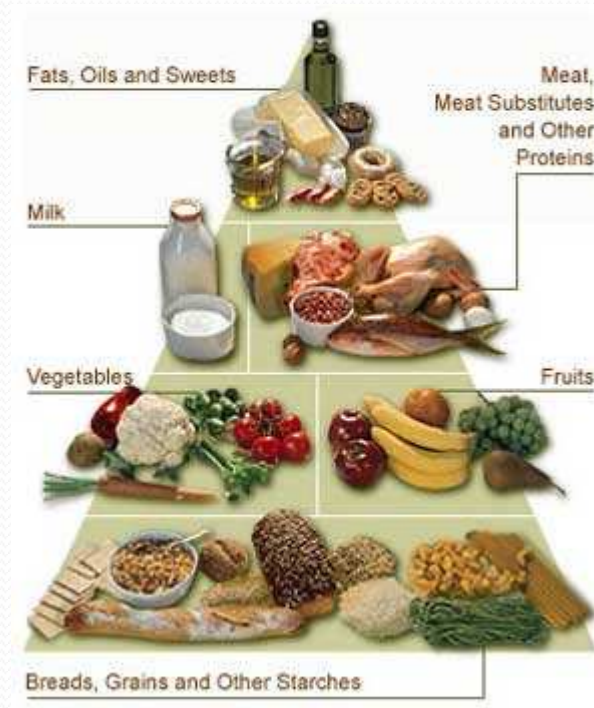




Management of diarrhea

- Eat small, frequent meals
- Eat bland foods
- Avoid exercise after eating
- Discuss the use of anti-diarrhea medications with your health care team
- Try yogurt that contains acidophilus or active cultures

Loss of Appetite

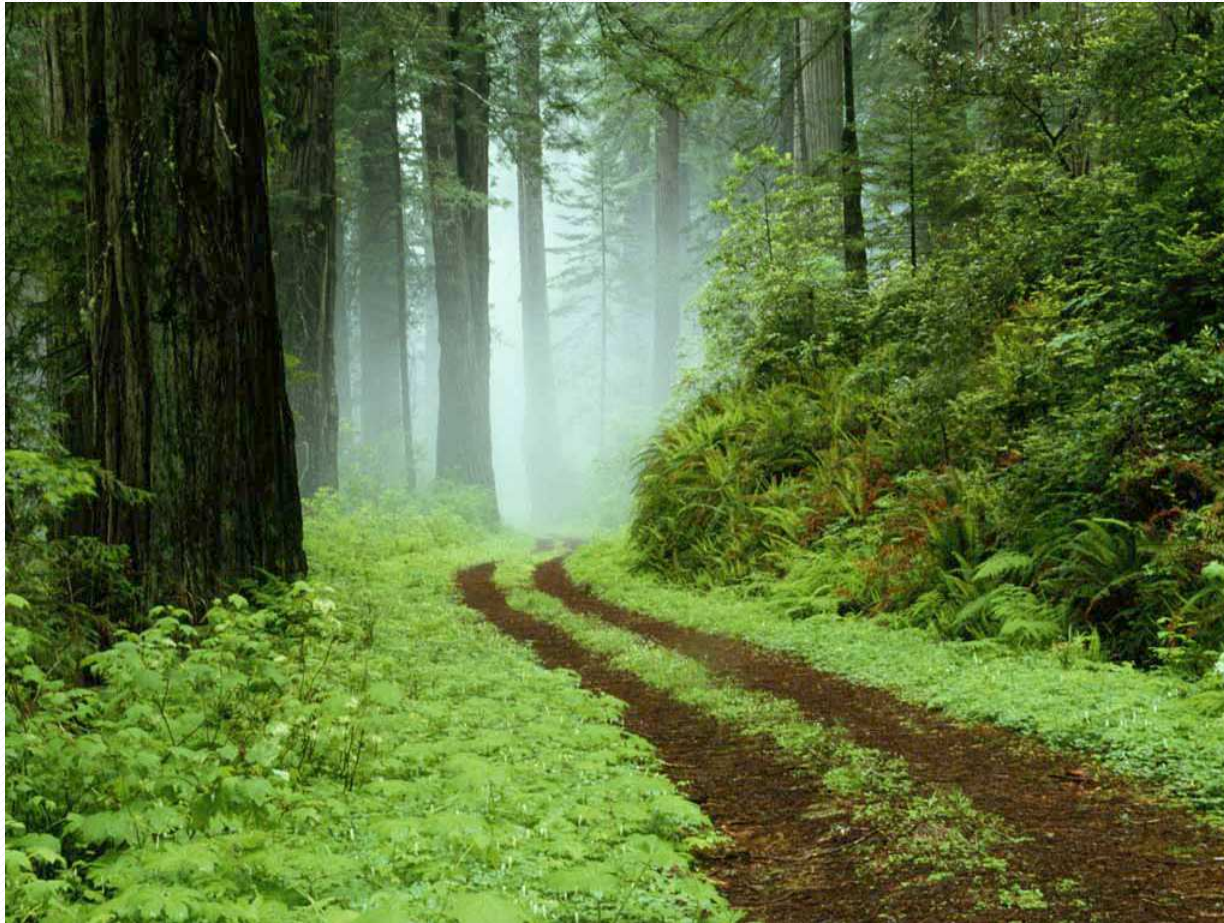




Loss of Appetite

- **Cannot rely on hunger mechanism as a signal to eat**
- **Eat by the clock**
- **Snack between meals**
- **Choose high calorie foods**
- **Be cautious of smells**
- **Make meals pleasant**
- **Make foods visually appealing**

Nausea and Vomiting





Nausea and Vomiting

- **Take antiemetic as prescribed**
- **Eat and drink slowly**
- **Use a straw for beverages to reduce smell**
- **Popsicles, salty foods, and crackers**
- **Avoid dehydration**
- **Avoid an empty stomach**
- **Watch the smells of foods**

Low Blood Counts



Eosinophil



Neutrophil



Basophil



Red blood cell



Lymphocyte



Monocyte



Platelet

ADAM.



Low Red Cell Count Anemia

- Red cells carry oxygen to all parts of the body
- May appear pale
- May feel tired
- May feel short of breath
- May require transfusions
- Discuss with MD the use of drugs such as Aranesp/Procrit
- Lab work to measure iron stores



Low White Blood Cells Neutropenia

- White cells protect the body against infection
- May run fever
- May feel tired
- Avoid people who are sick
- Avoid crowds
- Always wear shoes
- Wear gloves while doing housework or gardening
- Bathe daily
- Avoid enemas or suppositories



Low Platelet Count Thrombocytopenia

- Platelets aid the body in the clotting of blood
- Bruises easily
- Tiny red dots may appear under the skin
- Gums may bleed
- Avoid suppositories or enemas
- Avoid aspirin or blood thinners
- Avoid vigorous activities, such as contact sports

