



Radiation therapy for pelvic cancer

The main purpose of this information is for you and your family to know what radiation therapy treatment consists of and the possible side effects you may experience when receiving radiation therapy treatment for pelvic cancer.

The intention is to inform you about possible adverse events that occur with some frequency during treatment.

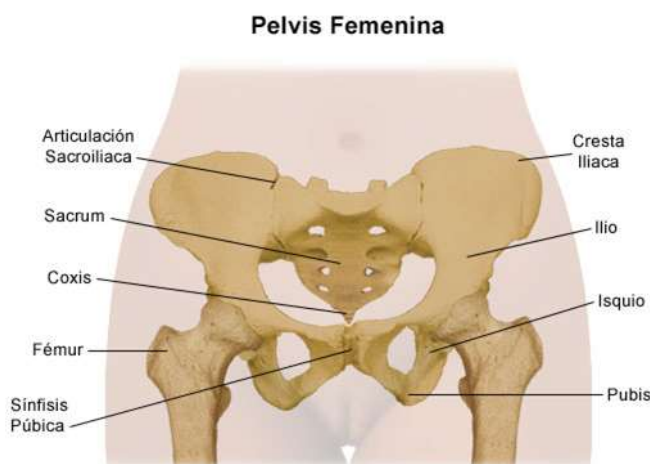
You should keep in mind that each person is different and therefore, the manifestations of radiation symptoms cannot be extrapolated to other service users.

The intensity of the events depends on the dose, the irradiated area and the general state of health of each person.

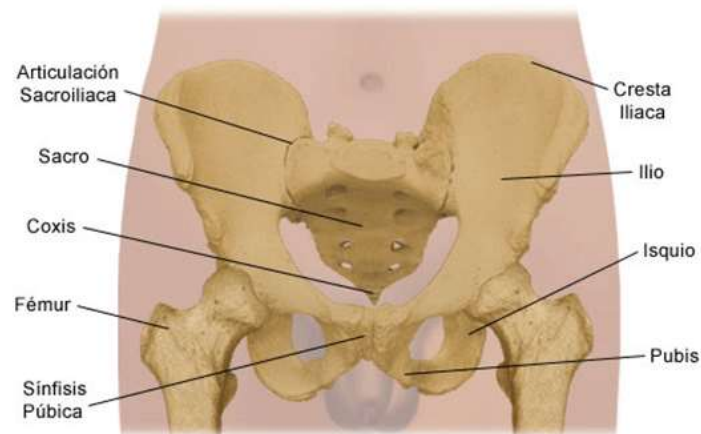
The information contained in this document is intended to help you in your quality of life and is intended to educate you about the most frequent possible adverse events during treatment, which may not necessarily occur in your case.

What is the pelvis?

The area of the body below the abdomen that contains the iliac bones of the hips, bladder and rectum. In women, it contains the vagina, cervix, uterus, fallopian tubes and ovaries. In men, it contains the prostate and seminal vesicles.



Pelvis Masculina



What is radiotherapy?

Radiotherapy is a form of treatment in which ionizing radiation is used to destroy or reduce tumor cells, depending on the state of the disease and the reaction with the organism.

It is applied by directly irradiating the area where the tumor is located and the lymph node regions where these cells can migrate. The time of each irradiation can take from 10 to 15 minutes per day, it is necessary your full cooperation in not moving once you are positioned on the treatment table.



Side effects of radiotherapy in cervical and endometrial cancer treatments:

- During treatment you may have pain when urinating, frequent urination, you should drink at least 2 to 3 liters of water a day, this could reduce the possibility of these discomforts appear. It is of greater importance if you are undergoing chemotherapy.
- Stomach problems: diarrhea, flatulence, constipation.
- Sometimes you may have an itching sensation on the skin, burning or dryness in the vagina.
- Irritation of the vulva and vagina.
- Delayed or absent menstruation.
- Premature menopause.
- Nausea, vomiting.
- Decrease in blood cell count.

- Decreased sexual desire.
- Painful sexual intercourse.
- Itching and burning in the rectum.

Side effects of radiotherapy in the prostate:

- During treatment you may have pain when urinating, frequent urination, you should drink at least 2 to 3 liters of water a day, this could reduce the possibility of these discomforts appear.
- Stomach problems: diarrhea, flatulence, constipation.
- Nausea, vomiting.
- Decrease in blood cell count.
- Decreased sexual desire.
- Itching and burning in the rectum.
- Bleeding during urination and, in rare circumstances, obstructed urination.

Side effects of radiation therapy to the rectal area:

- During treatment you may have pain when urinating, frequent urination, you should drink at least 2 to 3 liters of water a day, this could decrease the possibility of these discomforts appear. It is of greater importance if you are undergoing chemotherapy.
- Stomach problems: diarrhea, flatulence, constipation.
- Delayed or absent menstruation.
- Premature menopause.
- Nausea, vomiting.
- Decrease in blood cell count.
- Itching and burning in the rectum.

Recommendations for digestive problems:

- You should follow the diet indicated in this web page.
- Ingest plenty of fluids.
- You may eat light meals before radiation therapy.
- Avoid greasy, acidic or spicy foods.

Avoid fizzy drinks, try to eat slowly.

