



Radiotherapy in breast

The main objective of this information is for you and your family to know what radiotherapy treatment consists of and the possible side effects that may occur when receiving radiotherapy treatment for breast or chest tumors.

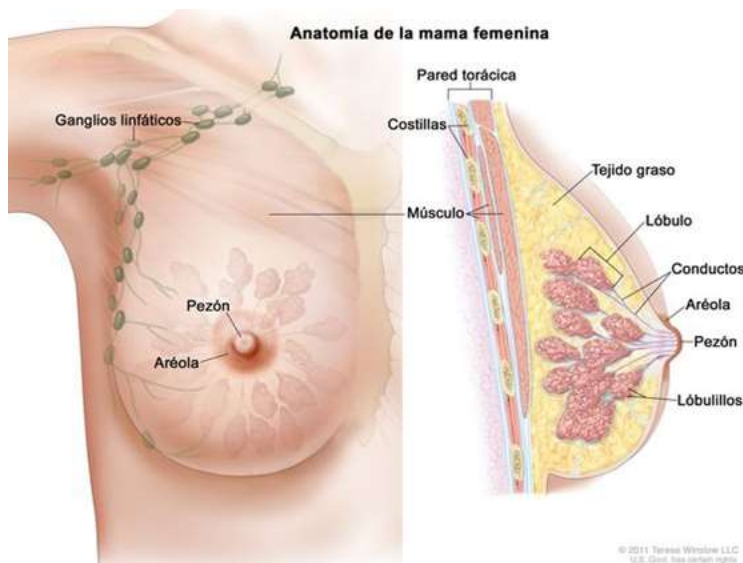
The important thing is that you know about the symptoms that may occur in your breast or chest wall and how you should take care of yourself before its effects.

It should be taken into account that each patient reacts differently to radiotherapy.

The intensity of the adverse effects depends in part on the dose, the area and irradiated and the general state of health.

This text is intended to provide guidance with the purpose of positively influencing your quality of life.

Remember once your treatment has started, to coordinate with the nurse, your control appointment during the treatment at the end of each week.



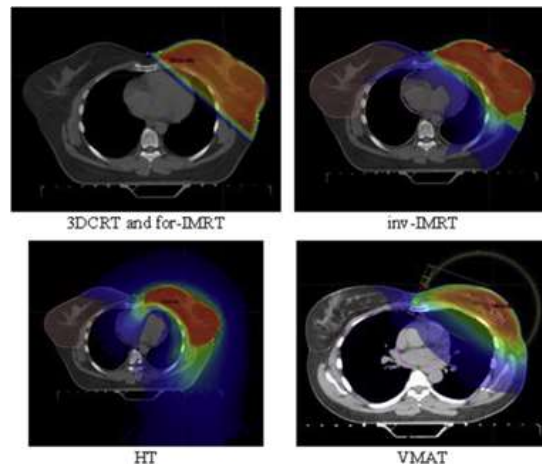
What is radiotherapy?

It is a form of treatment in which ionizing radiation is used to destroy or reduce the number of tumor cells, depending on the state of the disease and the body's reaction.

It is applied by directly irradiating the area where the tumor is and the lymph node areas affected by it.



The time of each irradiation is 10 to 15 minutes, during this time your complete collaboration is required, specifically keeping still and following the instructions that will dictate our graduates in medical imaging.



Side effects of radiation therapy to the breast:

- Tiredness or fatigue.
- Reddening of the skin in the area where radiotherapy is being applied.
- Sore throat and difficulty swallowing in cases where we must apply treatment in the neck.
- Inflammation, swelling, redness, darkening and/or peeling of the skin and tingling in the breast.
- Sensation of hardness or pulling at the site of the surgical scar.
- Lymphedema: is a buildup of lymph fluid in the fatty tissue just under your skin. This could occur due to the type of surgery that has been performed, especially in cases where a large number of lymph nodes have been removed from the armpit, there could also be predisposition if the biopsy documents that there is involvement of these lymph nodes, It is important to remember that radiotherapy treatment in the armpit is to reduce the risk of recurrence of the disease, therefore, if there is involvement in the armpits, it is important to apply treatment in this area.
- Changes in skin sensitivity.
- Change in breast size (enlargement due to fluid accumulation, decrease due to the development of fibrous tissue).

The pores of the breasts may become more visible, simulating the peel of an orange.



Recommendations:

- You may not consume alcohol or smoke.
- On the skin you should: take care of the marks that were placed to give the treatment, you should not scratch the skin, do not use soap in the treated area, deodorants, creams, ointments or any other product not recommended, use plenty of water, dry the area well with a soft towel trying not to make friction on the skin.
- It is advisable not to wear tight clothing over the area that is receiving radiation, soft and loose clothing is recommended.
- To shave the armpit it is recommended to do it prior to radiation therapy, and not during or immediately after the end of treatment, if possible you could use an electric shaver.
- It is preferable that the skin that has received radiotherapy treatment is not exposed to the sun, the rest of the skin should be protected from the sun as advised to the general population.
- The use of adhesive tape or adhesives on the skin of the breast during treatment could predispose to skin lesions and cause ulcers.
- Try to maintain the same body weight during treatment.
- Hydrate yourself abundantly during the day, it is recommended to drink a glass of water constantly.
- Within the multidisciplinary management, you will be referred to the Radiation Oncology service, try to abide by all the recommendations of this professional.



“You are love, you are source of life, you are strong.”