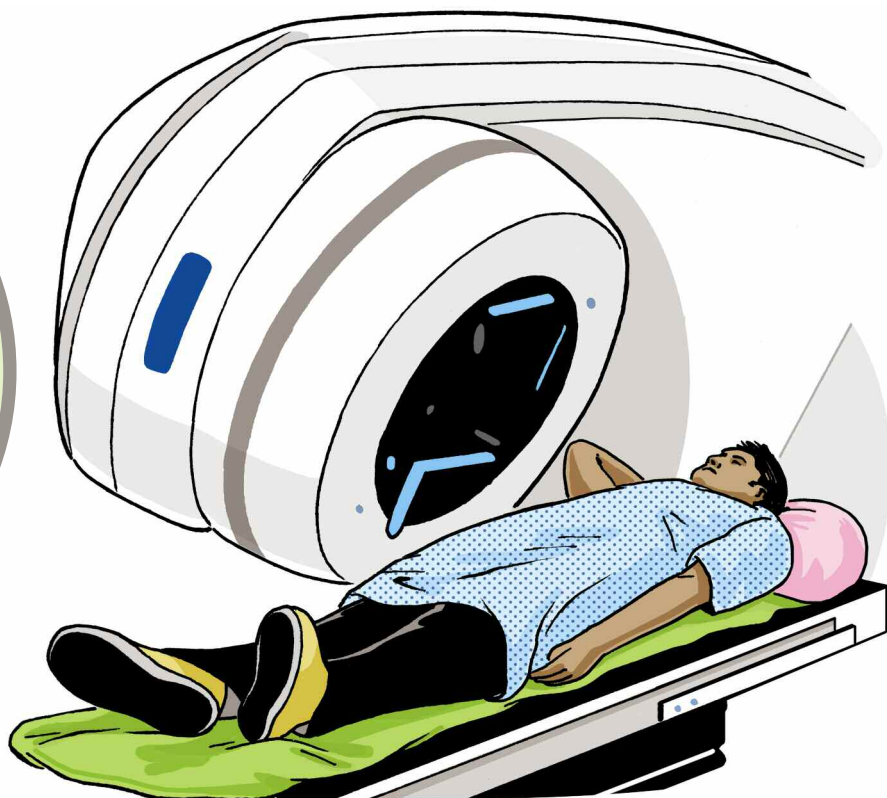


Side effects from radiotherapy

Diagnosis and Treatment



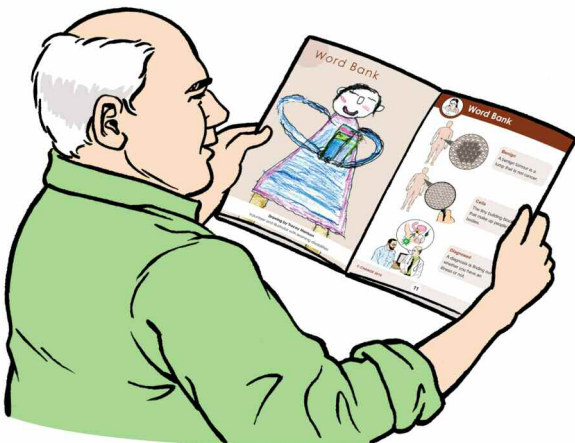
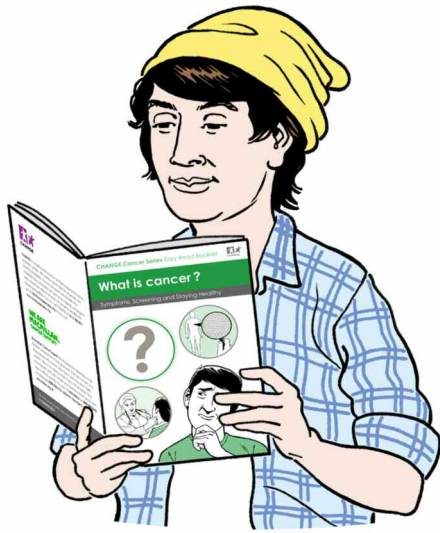
Introduction

This booklet uses easy words and pictures to help you get information about cancer.

You might want someone to help you look at the booklet so you can talk about it.

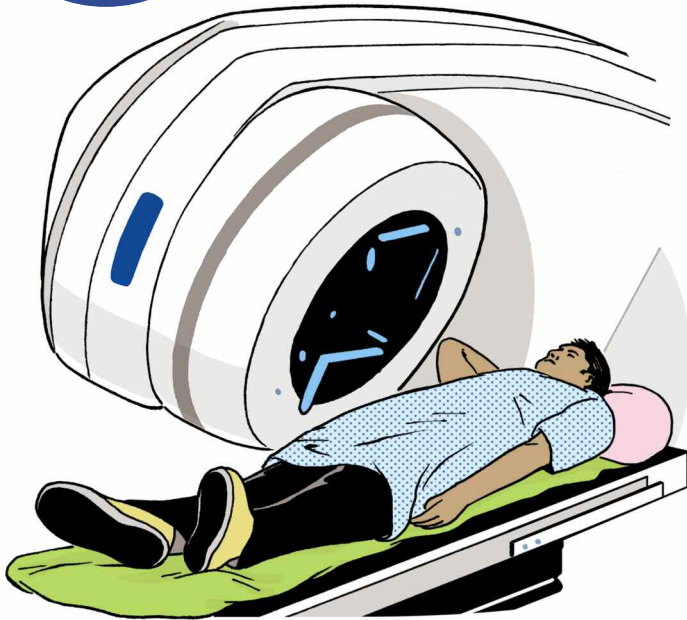
There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

This booklet can help you learn about cancer. But this is not the same as talking to your doctor. If you are worried about your health, you should talk to a doctor or nurse.





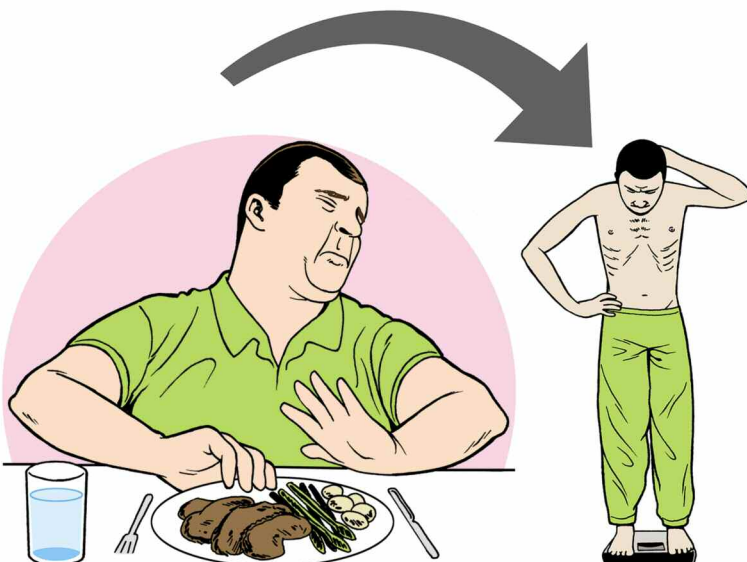
Side effects from radiotherapy



Side effects are things that happen because of your treatment. You may get side effects from **radiotherapy**. These can include:



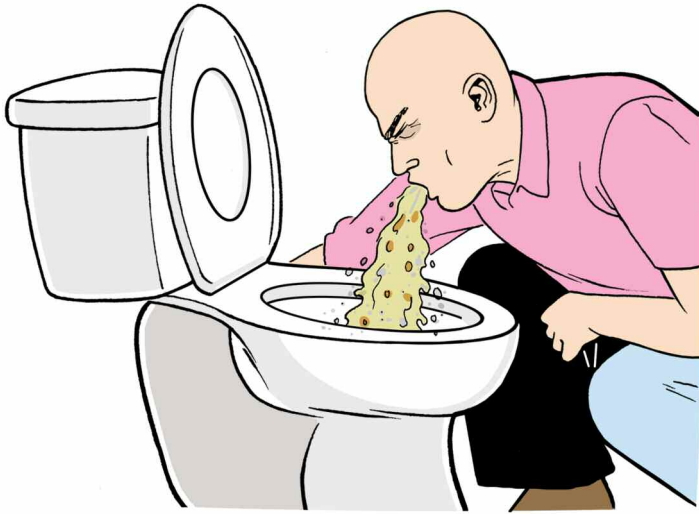
- Feeling very tired



- Not wanting to eat and losing weight. This is called losing your **appetite**



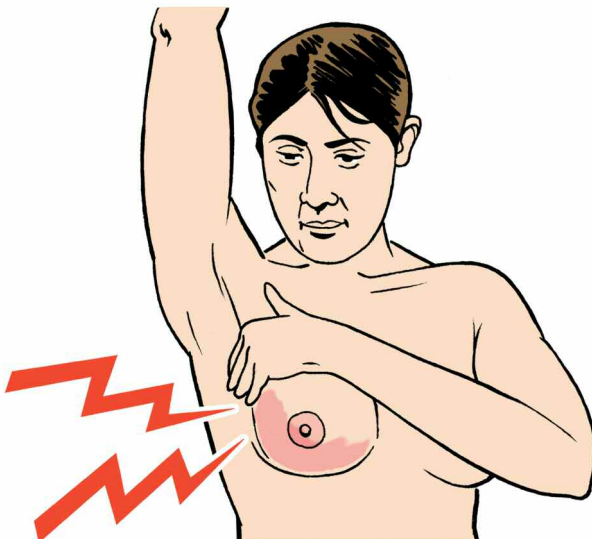
Side effects from radiotherapy



- Feeling sick and being sick (vomiting)



- Thin watery poo that makes you go to the toilet a lot (**diarrhoea**)



- The skin where you had the treatment may get red, itchy and sore



Side effects from radiotherapy



- Your mouth can feel dry and you may find it hard to swallow



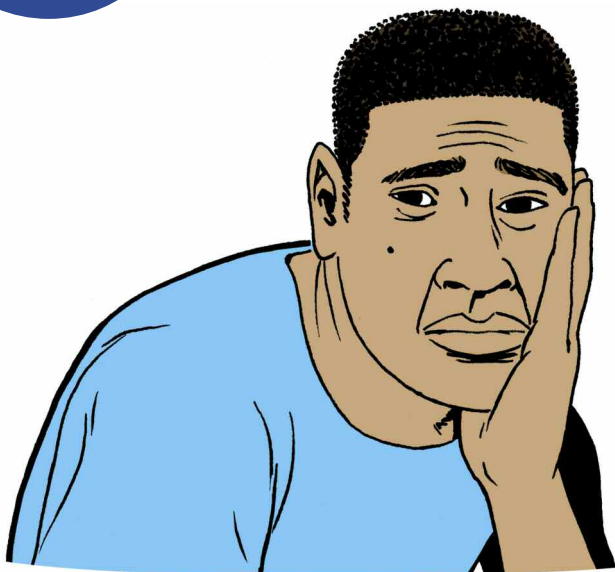
- Your body can feel stiff and sore when you try to move



- Your hair may fall out on the part of your body that was treated



Side effects from radiotherapy



- You might feel different – sad, **depressed**, **anxious** or worried



Remember not all of these side effects may happen to you.



It is important to talk to the **radiographer** looking after you about any side effects you have. They should be able to help.

Word Bank



Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities

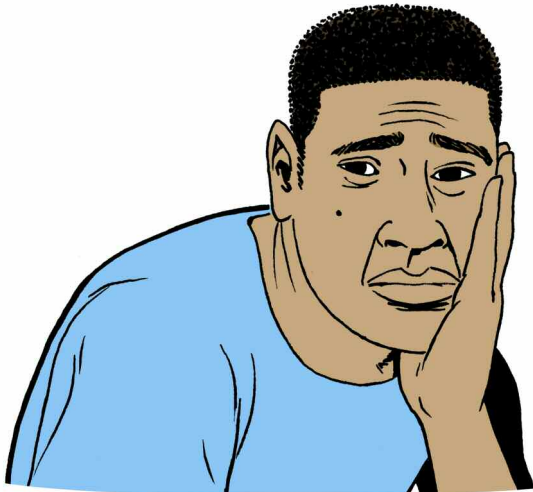


Word Bank



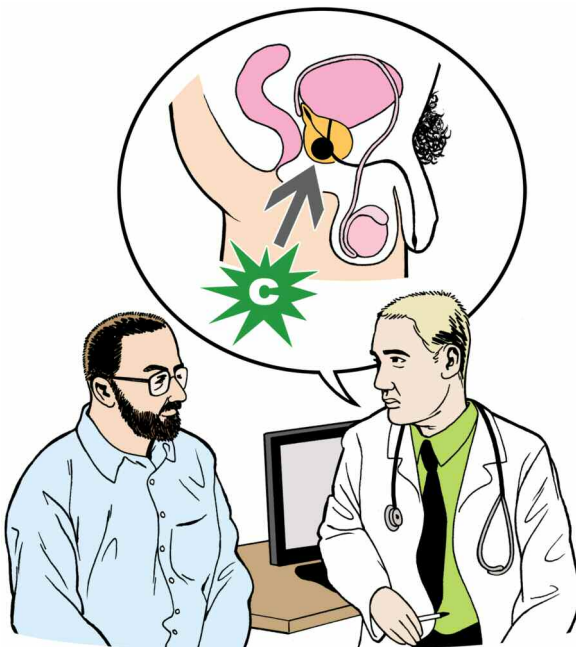
Appetite

This is the feeling you get when you want food.



Anxious

When a person feels very worried or nervous about something.

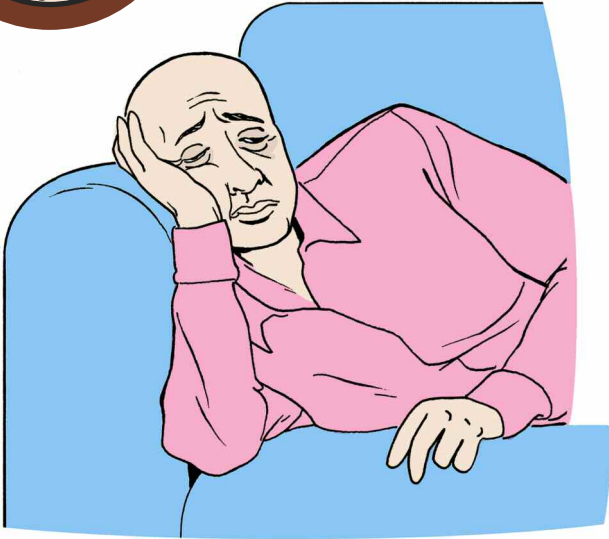


Diagnosis

This is finding out if you have an illness or not.



Word Bank



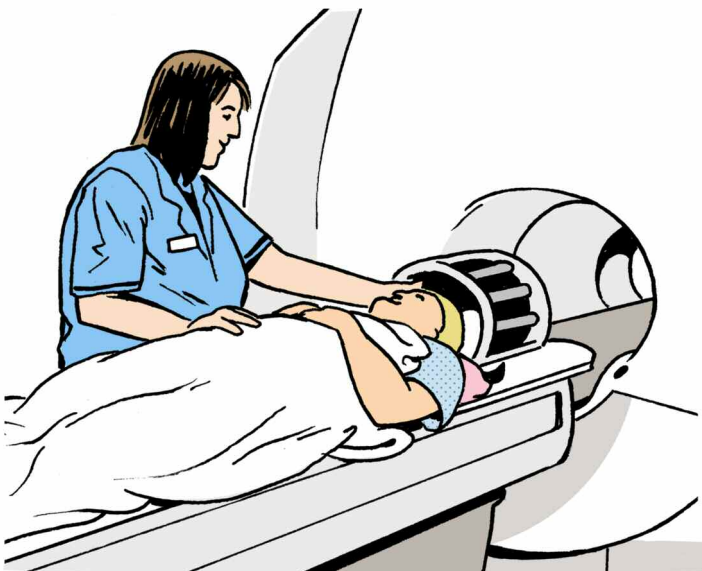
Depressed

When a person feels very sad and this sadness means day to day living is hard.



Diarrhoea

Thin watery poo that makes you go to the toilet a lot.

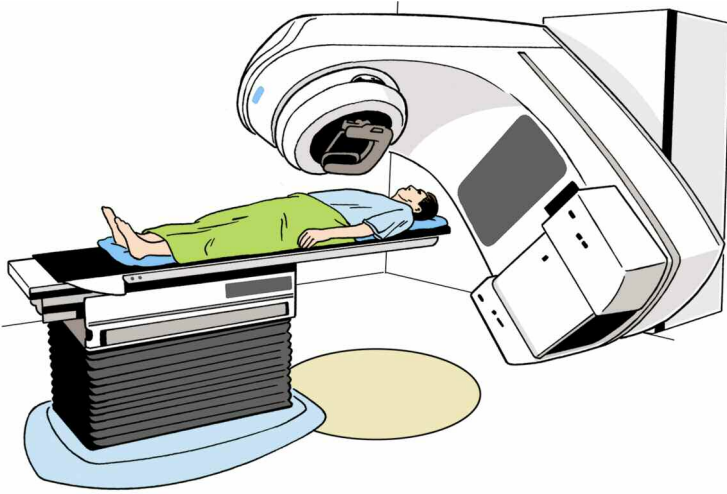


Radiographer

A person who takes scans and x-rays of people's bodies. They can also give people radiotherapy treatment.

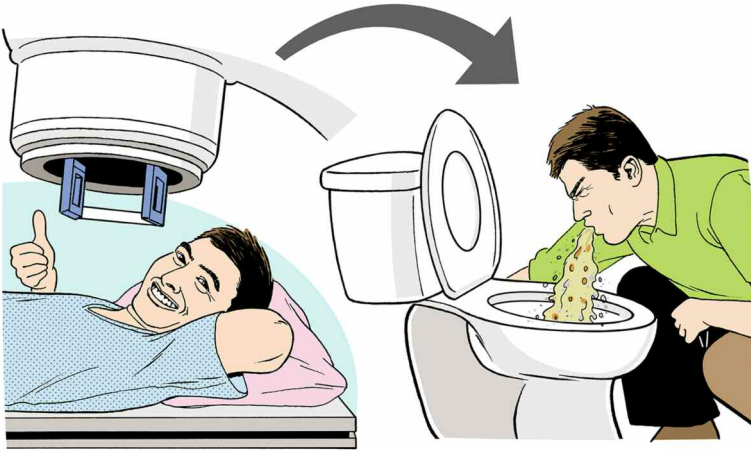


Word Bank



Radiotherapy

This is when powerful x-rays are used to treat cancer in your body. It kills off the cancer cells.



Side effects

Things that happen because of your treatment. They may include feeling tired or sick.



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Useful contacts



Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities



Useful contacts

Helpful organisations

Cancer Research UK

A charity that is researching treatments for cancer. Its website has lots of information about cancer.

Phone: 0808 800 4040

Web: www.cancerresearchuk.org



Macmillan Cancer Support

A charity that helps people who have cancer. They give practical, medical and financial support. They try to make cancer care in the UK better.

Phone: 0808 808 00 00

Web: www.macmillan.org.uk

NHS Contacts

These contacts give you information about your health and health services:

England and Scotland **Phone:** 111

Wales **Phone:** 0845 46 47

Northern Ireland **Web:** www.hscni.net

Paul's Cancer Support Centre

Gives help, information and complementary therapies to people with cancer.

Phone: 0207 924 3924

Web: www.paulscancersupportcentre.org.uk



Useful contacts

RESPOND

Gives therapy to people with learning disabilities after trauma or abuse. They also offer training and support to carers.

Phone: 0808 808 07 00

Web: www.respond.org.uk

Written and audio material

Books Beyond Words

A series of picture books for people with learning disabilities. The books talk about cancer, health and bereavement.

Web: www.booksbeyondwords.co.uk

Phone: 020 8877 9799

Email: admin@booksbeyondwords.co.uk

FAIR Multimedia

Publishes a range of health leaflets, audio discs and CDs for people with learning disabilities. This includes a series on cancer.

Email: fair@fairadvice.org.uk

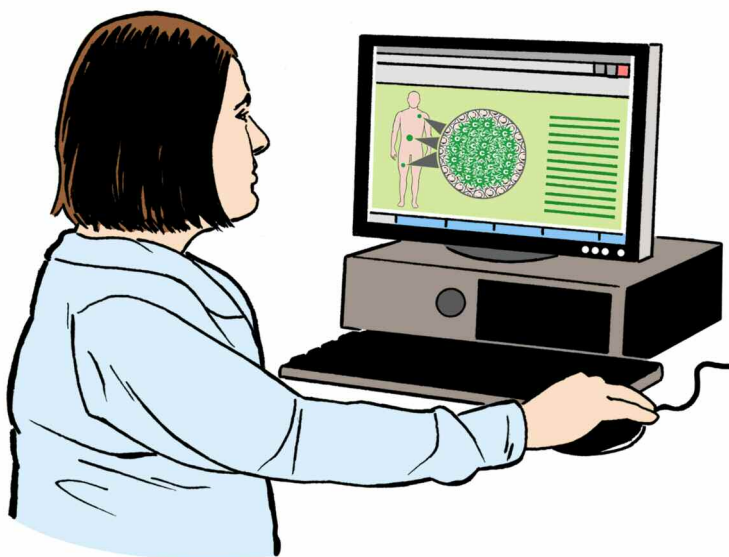
Phone: 0131 662 1962

Web: www.fairadvice.org.uk/health-publications.php



Useful contacts

Online help



www.easyhealth.org.uk

Has lots of online health information that is easy to understand.

www.macmillan.org.uk

Has lots of information about cancer and where to get help. You can also talk to other people with cancer in the online community.

Videos and DVDs

Leeds Animation Workshop

Has animated films on social issues for people with learning disabilities. There is one called 'Getting Better' about going to the doctor and the health clinic.

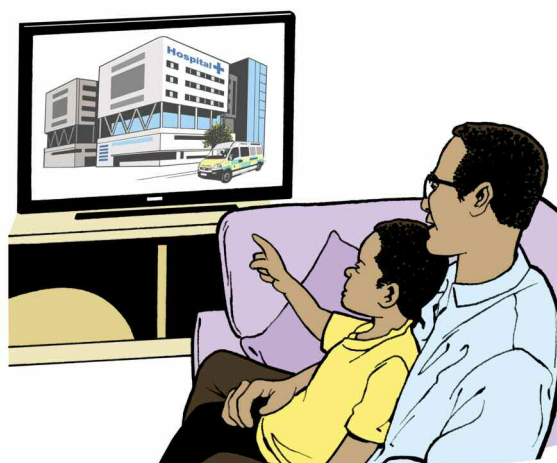
Phone: 0113 248 4997

Web: www.leedsanimation.org.uk/index.html

Speak Up Self Advocacy

Has DVDs and booklets for people with learning disabilities about health and illness.

Web: www.speakup.org.uk





CHANGE is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities. The cancer books and booklets that CHANGE have produced are part of an ongoing campaign to raise awareness about the issues of cancer for people with learning disabilities. You can call CHANGE on **0113 242 6619**, email **info@changepeople.org** or find us at **www.changepeople.org**

WE ARE MACMILLAN. CANCER SUPPORT

Macmillan Cancer Support has reviewed the information in this booklet and paid for it to be produced. They are a charity who help people with cancer. They have nurses and other health workers. They try to make cancer care in the UK better. They have experts who can answer your questions about cancer and how it affects your life. You can call **Macmillan** on **0808 808 00 00** or textphone **0808 808 0121 (Mon–Fri, 9am–8pm)**. Or go to **macmillan.org.uk**

This easy read booklet was produced by CHANGE

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