**Patient information**

**For those of you who have had chemotherapy for gynaecological cancer**

After chemotherapy, you will be followed up at the hospital or by your GP/family doctor. The GP is important in a comprehensive and unified health service.

**Physical side effects**
These can vary from person to person depending on the nature of the disease, age and general health before and after chemotherapy

Tiredness and fatigue – reduced work capacity
Most people will feel tired and lacking in energy after chemotherapy. Many can have problems with concentration and memory. These symptoms are a part of what we call fatigue or chronic tiredness. It is important that you take it easy, while simultaneously increasing your activity levels gradually. You can read the Kreftforeningen (the Cancer Society) leaflet ”Fatigue in adults”.

Poor appetite
Many experience reduced appetite and changes in their sensation of taste. It is important that you try to eat, even if food doesn't appeal to you. Your body has been through a lot of stress and strain and needs nutrients. Small frequent meals are often easier to get down. You can read the nutrition brochure. It is also possible to refer you to a nutritionist.

Hair loss
If you have lost your hair, this will grow back in the course of 6 months in most people. This goes for both the hair on your head and other areas of the body.

Sunbathing
Some types of chemotherapy can increase sensitivity to the sun. It is still important that you are outside in the fresh air, but do use sunscreen.

Menopause

If the ovaries are surgically removed before the age of 50 then you will experience artificial menopause. Hot flashes and dryness of the vagina have a tendency to develop more quickly, and with greater intensity, than in natural menopause. You doctor will advise you on possible use of oestrogens.

Sexuality
It is not unusual for it to take some time before you have the energy for a sexual relationship. Kreftforeningen/The Cancer Society has published the brochure "Cancer and sexuality" which can be very helpful for you and your partner. A referral to the Sexology Outpatient's Clinic may be appropriate.

**Psychological side effects**

Sadness and depression
It is not unusual to feel sad and low. Some will experience depression. If you should experience this we recommend that you contact your GP/family doctor.

Kreftforeningen and Kreftomsorg (Cancer care) Rogaland can offer group discussions.

Anxiety regarding recurrence of your illness
Most will, to a greater or lesser degree, have to live with the uncertainty of whether the cancer will reoccur. Some will feel this strongly and be very sensitive to bodily signals, while others repress or push away such thoughts.

Social aspects
You may experience that family, friends and colleagues don't know how to relate to you. This is often due to uncertainty or lack of knowledge about cancer. If you manage to meet them with openness it can become easier.

At the **Montebello Centre** outside Lillehammer various courses for cancer patients and their families are on offer. The courses normally last 5-7 days. Your GP/family doctor will help you to apply for this.

Here in Rogaland, Nærland Rehabilitering in the Jæren area offers a 3-4 week stay with varying content, which is recommended after completing cancer treatment.

**Kreftomsorg Rogaland** can offer different ways of helping you and your family.

**The Women's clinic's** progress coordinator can be contacted on these numbers 51 51 83 14/ 95 76 66 21

At the **ABK Outpatient Clinic** a cancer nurse can offer talks with you and your next of kin.

**Kreftforeningen (the Cancer Society)** telephone number is 800 48 210, this is open to everyone, and is free for landline calls.

Useful Internet addresses:

[www.kreftforeningen.no](http://www.kreftforeningen.no)

[www.gynkreftforeningen.no](http://www.gynkreftforeningen.no)

www.Kreftlex.no

[www.lhl.no/klinikkene/narland/](http://www.lhl.no/klinikkene/narland/)

Please also read the following information sheet written by the Women's Clinic/SUS: [Informasjonsskriv til deg som får cellegift mot gynekologisk kreft](http://eqs-kk.sus.no/exportKK/docs/doc_15897/index.html)

Information sheet for those of you who are undergoing chemotherapy for gynaecological cancer

Kvinneklinikken SUS, januar 2019
[www.sus.no/kvinneklinkken](http://www.sus.no/kvinneklinkken)