

Symptom Management

the GIST Patient

By

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Common Side Effects of Gleevec (Imatinib Mesylate)





Common Side Effects of Gleevec

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



Gleevec

- Should be taken with food and a large glass of water
- Avoid Tylenol, St John's Wort and Coumadin
- Avoid grapefruit and grapefruit juice.
- Doses of 800 mg should use 400 mg capsules to avoid increase exposure to iron
- Use birth control that you can trust to prevent pregnancy while taking this medicine

Common Side Effects of Sutent (Sunitinib Malate)





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



Sutent

- May be taken with or without food
- Do not take St John's wort with this medicine.
- Talk with healthcare provider before using aspirin, aspirin-containing products, other pain medicines, blood thinners, garlic, ginseng, ginkgo, or vitamin E.
- Avoid grapefruit and grapefruit juice.
- Use birth control that you can trust to prevent pregnancy while taking this medicine

Common Side Effects of Nexavar (Sorafenib)





Common Side Effects of Nexavar

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



Nexavar

- Take without food (1 hour before or 2 hours after eating).
- Swallow whole. Do not chew, break or crush
- Take with a full glass of water
- Do not take St. John's Wort
- Talk with healthcare provider before using aspirin, aspirin-containing products, other pain medicines, blood thinners, garlic, ginseng, ginkgo, or vitamin E.

Common side effects of Tasigna (Nilotinib)





Common Side Effects of Tasigna

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



Tasigna

- Take on an empty stomach. Take 1 hour before or 2 hours after meals.
- Capsules contain lactose
- Take this medicine with a full glass of water.
- Swallow tablet whole. Do not chew, break, or crush.
- EKG done before and 7 days after starting
- Do not take St John's wort with this medicine. It may make this medicine less effective.



Tasigna

- Talk with healthcare provider before using aspirin, aspirin-containing products, other pain medicines, blood thinners, garlic, ginseng, ginkgo, or vitamin E.
- Avoid grapefruit and grapefruit juice.
- Use birth control that you can trust to prevent pregnancy while taking this medicine.

Spyrcel (Dasatinib)





Sprycel

- Swelling.
- Anemia, low white blood cell count, and low platelet count.
- Feeling lightheaded, sleepy, having blurred vision, or a change in thinking clearly.
- Headache.
- Cough.
- Abdominal pain.
- Nausea or vomiting. Diarrhea.
- Fever.
- Rash.
- Muscle pain.



Sprycel

- Do not take antacids within 2 hours of this medicine.
- Avoid grapefruit and grapefruit juice.
- If you are on a lactose-free diet, talk with healthcare provider.
- Talk with healthcare provider before using aspirin, aspirin-containing products, other pain medicines, blood thinners, garlic, ginseng, ginkgo, or vitamin E.
- Pregnant females should not handle crushed or broken tablets.
- Use birth control that you can trust to prevent pregnancy while taking this medicine.
- If you are a male and sexually active, protect your partner from pregnancy. Use birth control that you can trust.

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



Fatigue Assessment

- **Fatigue is rarely an isolated symptom and most commonly occurs with other symptoms**
- **Potential Causes**
 - Anemia**
 - Poor nutrition**
 - Pain**
 - Depression**
 - Sleep Disturbances**
 - Hypothyroidism**
 - Other medications**

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

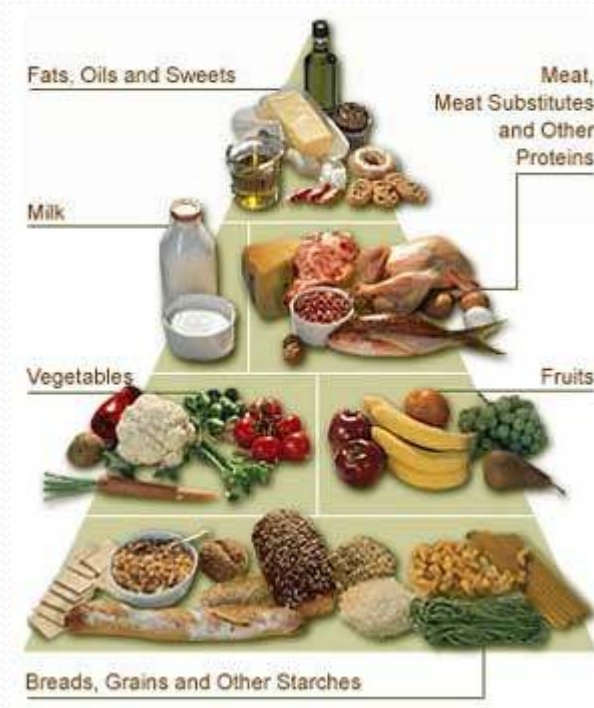




Management of diarrhea

- Eat small, frequent meals
- Eat bland foods
- Avoid spicy or fatty foods, caffeine, fruit
- 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

