

COMMON SIDE EFFECTS OF CANCER & ITS TREATMENTS

1. Pain - mild discomfort to sharp pain
2. Fatigue – a tiredness that doesn't go away with sleep
3. Decreased range of motion/Flexibility in a joint
4. Decreased strength in arms, legs and trunk
5. Insomnia – difficulty going to sleep; waking up in the middle of the night
6. Neuropathy – numbness or tingling of hands or feet
7. Decreased Cardiopulmonary Health – shortness of breath; inability to be as active or walk as far, feeling that heart is racing
8. Decreased balance in standing and walking
9. Lymphedema – swelling of arms, legs, face, neck, trunk
10. Chemo Brain – mental foginess, difficulty with memory, concentration and recalling words or information that came easy before

The good news is there are treatments for each of these symptoms at St. Mary's of Michigan. If you are having any of the above problems, please ask your physician for a prescription for Cancer Rehab at St. Mary's of Michigan Rehabilitation Department.

Call 989-497-3100 for more information.