



## What is Arimidex®

Medicine Name	Description
Anastrozole	1 mg pill: white, round There are generic drugs of different forms

## How should you take your medicine?

Your doctor has determined your medicine dosage.

In your case, the dosage is as follows: 1 mg per day, i.e. 1 pill a day, once a day, every day.

Swallow whole with a glass of water, or crush if it is hard to swallow a whole pill. At a set time, with or without meals.

If you forgot to take a dose or in case of vomiting, do not take an additional dose but wait for the time to take the next dose.

## Dosage – therapy regimen

Once a day, at a set time, with or without meals									
With no gaps	D1	D2	D3	D4	D5	D6	D7	...	D28

## How to get the medicine supply?

This medicine is available in local pharmacies.

Getting this medicine might take time. Be careful and order the medicine in advance. Store this product in its original packaging, away from sources of heat and moisture.

## What else do you need to know?

### Precautions and monitoring

Laboratory tests are necessary while taking your medication (blood test to monitor cholesterol level and liver function), as well as clinical condition monitoring (measuring bone density using bone densitometry).

### Interactions with other medications and/or food

The occurrence of interactions between Arimidex® and your other treatments may have harmful consequences (reduced drug efficacy and tolerance). It is important to tell your pharmacist and doctor about all medications and/or other substances (foods, plants, probiotics, essential oils, nutritional supplements, etc.) that you are taking.

*Example:* Avoid excessive consumption of soy or isoflavone supplements (concentrates) with anastrozole. Soy contained in food is OK.

## What are possible side effects?

**Only the most common side effects are listed below. There might be some other side effects. For additional information, refer to your medicine leaflet or seek advice from your doctor or pharmacist.**

SIDE EFFECTS	
Most common ones	<b>Headaches</b> <b>Hot flashes</b> <b>Digestive problems:</b> nausea <b>Skin problems:</b> skin rashes <b>In joints:</b> pain, stiffness, or inflammation <b>Others:</b> fatigue, bone loss (osteoporosis) <b>Gynecological problems:</b> vaginal dryness, bleedings
WHEN TO ALERT THE MEDICAL TEAM?	



Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<ul style="list-style-type: none"> <li>&gt; <b>Pain</b> that prevents you from doing your normal activities</li> <li>&gt; Headaches</li> <li>&gt; Joint pain</li> <li><b>Digestive problems</b></li> <li>&gt; A significant and/or rapid weight loss</li> <li>&gt; Very frequent diarrhea, bowel movement over 4 times a day</li> <li>&gt; Severe abdominal pain</li> <li><b>Symptoms suggestive of osteoporosis</b></li> <li>&gt; Fractures</li> <li><b>Allergy symptoms</b></li> <li>&gt; Itching with rash</li> <li>&gt; Swelling of the face, lips, tongue, and/or throat causing difficulty swallowing or breathing</li> </ul>
<b>HOW TO PREVENT SIDE EFFECTS?</b>	
Hot flashes	<p><b>Engage</b> in adjusted physical activities.  <b>Avoid</b> heat sources.</p>
Joint pain	<p><b>Engage</b> in adjusted physical activities.</p>
Vaginal dryness	<p><i>For personal hygiene, <b>use</b> a mild, unscented soap with an appropriate pH value (pH between 5 and 7). Due to the risk of disturbing the vaginal flora, <b>avoid</b> having more than 2 personal hygiene episodes per day. <b>Avoid</b> wearing overly tight clothing or synthetic underwear that irritates.</i></p>
Fatigue, drowsiness	<p><b>Opt for</b> taking the medicine at night.  <b>Opt for</b> activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports...  <b>Alternate</b> periods of activity and rest..</p>
Weight	<p><b>Regularly check your weight</b> in case of digestive problems.</p>
Skin care	<p><b>Opt for</b> soft soap and moisturizer, pat skin dry.  <b>Avoid</b> using any skin irritating products.</p>
<b>HOW TO ADAPT YOUR DIET?</b>	
Hot flashes	<p><b>Avoid</b> eating spicy foods with alcohol or caffeine.  <b>Drink</b> plenty of cold drinks.</p>
Nausea	<p><b>Opt for</b> split nutrition consisting of several light meals, liquid and cold dishes.  <b>Limit</b> consumption of fatty, fried, and spicy foods.</p>
Diarrhea	<p><b>Opt for</b> a low fiber diet. It is preferable to <b>consume</b> starchy products, carrots, and bananas.  <b>Avoid</b> using raw fruit and vegetables, dairy products, coffee, or alcohol.  <b>Drink</b> more water.</p>
Bone loss (osteoporosis)	<p><b>Opt for</b> foods rich in calcium: milk, yogurt...</p>

