



What is AROMASINE®

Medicine Name	Description
Exemestane	25 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: 25 mg per day, i.e. 1 pill a day, once a day, every day.

Swallow whole with a glass of water, do not crush, cut, chew, or dilute the pills.

At a set time, after 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, after meals									
With no gaps	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	...	<input checked="" type="checkbox"/>
	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 vitamin D and cholesterol levels 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 AROMASINE® 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: While taking exemestane, avoid consuming St. John's Wort or grapefruit. Avoid excessive consumption of soy or isoflavone supplements (concentrates). 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	<p>Vasomotor disorders: hot flashes, excessive sweating</p> <p>In joints: pain, stiffness, or inflammation</p> <p>Digestive problems: nausea, abdominal pain</p> <p>Neurological disorders: headaches, sleep disorder, and depression</p> <p>Abnormal lab results: decreased leukocyte count (leukopenia), abnormal liver function and lipid balance (hypercholesterolemia)</p> <p>Others: fatigue, bone loss (osteoporosis)</p>
WHEN TO ALERT THE MEDICAL TEAM?	



Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<p>Pain that prevents you from doing your normal activities</p> <ul style="list-style-type: none"> > Headaches > Joint pain <p>Digestive problems</p> <ul style="list-style-type: none"> > A significant and/or rapid weight loss > Severe abdominal pain > Inability to drink for 24 hours and/or eat for about 48 hours <p>Symptoms suggestive of osteoporosis</p> <ul style="list-style-type: none"> > Fractures <p>Symptoms of depression and/or sleep disorder</p> <ul style="list-style-type: none"> > Depressive thoughts > Insomnia > Memory loss
HOW TO PREVENT SIDE EFFECTS?	
Hot flashes	<p>Engage in adjusted physical activities. Avoid heat sources.</p>
Joint pain	<p>Engage in adjusted physical activities.</p>
Fatigue	<p>Opt for activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports...</p> <p>Alternate periods of activity and rest.</p>
Sleep disorder	<p>Adapt the time of intake (morning or evening) according to tolerance.</p>
HOW TO ADAPT YOUR DIET?	
Hot flashes	<p>Avoid eating spicy foods with alcohol or caffeine. Drink plenty of cold drinks.</p>
Nausea	<p>Opt for split nutrition consisting of several light meals, liquid and cold dishes. Limit consumption of fatty, fried, and spicy foods.</p>
Bone loss (osteoporosis)	<p>Opt for foods rich in calcium: milk, yogurt...</p>

