

SIDE EFFECTS	
Most common ones	<p>Digestive problems: nausea, vomiting, diarrhea, stomach pain</p> <p>Abnormal blood counts: decreased thrombocyte count (thrombocytopenia), low hemoglobin level (anemia) and/or decreased multinuclear neutrophil count (neutropenia)</p> <p>General disorders: limb and/or face swelling, water retention</p> <p>Pain: cramps, pain in muscles and/or joints, headaches</p> <p>Skin problems: skin rash, redness, itching, skin dryness, increased sun sensitivity</p> <p>Bleedings, fatigue</p>
Some patients require special attention	<p>Patients – carriers of hepatitis B virus</p> <p>Patients with hypothyroidism</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>Digestive problems</p> <ul style="list-style-type: none"> > Significant and/or rapid weight loss > Very frequent diarrhea, bowel movement over 4 times a day > Severe abdominal pain > Inability to drink for 24 hours and/or eat for about 48 hours <p>Symptoms suggestive of infection</p> <ul style="list-style-type: none"> > Temperature > 38.5 °C > Cough, throat pain, pain on urination, diarrhea with fever <p>Symptoms suggestive of hemorrhage</p> <ul style="list-style-type: none"> Blood in stool or in vomit (in case of vomiting) Hematomas (bruises), nose bleedings <p>Respiratory problems</p> <ul style="list-style-type: none"> > Increasing constant cough or problems breathing <p>Pain that prevents you from doing your normal activities</p> <ul style="list-style-type: none"> > Headaches > Joint pain <p>Symptoms suggestive of water retention</p> <ul style="list-style-type: none"> > Rapid and unexpected weight gain
HOW TO PREVENT SIDE EFFECTS?	
Skin care	<p>Opt for mild soap and moisturizer, pat skin dry. Avoid using any skin irritating products.</p> <p><i>For sun protection use</i> broad spectrum sunscreen and avoid sun exposure.</p>
Weight	<p>Regularly check your weight in case of digestive problems or water retention.</p>
Water retention (swelling of arms and legs)	<p>Avoid wearing tight clothing, socks, and shoes. Put your feet in an elevated position.</p>
Infection	<p>Avoid visiting high risk areas (crowds, contact with sick people, ...). A flu and pneumococcal infection vaccine might be recommended for you: it will protect you.</p>
Joint pain	<p>Engage in adjusted types of physical activity.</p>
Bleedings	<p>Avoid taking anti-inflammatory drugs (ibuprofen, aspirin...)</p> <p>Notify your doctor:</p> <ul style="list-style-type: none"> > if you take <i>blood thinners or thrombocytic antiaggregants</i>: careful monitoring is needed about <i>surgical or dental intervention</i>.
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>
HOW TO ADAPT YOUR DIET?	
Diarrhea	<p>Opt for a low fiber diet. It is preferable to consume starchy products, carrots, and bananas.</p> <p>Avoid using raw fruit and vegetables, dairy products, coffee, or alcohol.</p> <p>Drink more water.</p>
Nausea	<p>Opt for split nutrition consisting of several light meals, liquid and cold dishes.</p> <p>Limit consumption of fatty, fried, and spicy foods.</p>
Water retention	<p>Opt for a low salt diet.</p>

