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Please visit www.mskcc.org/hi/cancer-care/patient-education/video/managing-related-fatigue-01 to watch this video.

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Exercising regularly (30 minutes, 3 times a week), can help you feel better and manage your fatigue. You can find more information about managing cancer-related fatigue at www.mskcc.org/cancer-care/patient-education/managing-cancer-related-fatigue-exercise.

Managing Cancer-Related Fatigue with Exercise
(www.mskcc.org/cancer-care/patient-education/managing-cancer-related-fatigue-exercise)

- If you are new to exercise, start with a 5-minute walk and gradually increase the time and distance. You can also try other low-impact activities like swimming or cycling.
- If you are already exercising, try to increase the intensity or duration of your workouts. You can also try new activities like yoga or tai chi.
- If you are experiencing fatigue, rest is important. Take breaks during your day and avoid overexerting yourself. You can also try relaxation techniques like deep breathing or meditation.

For more information about managing cancer-related fatigue, visit www.mskcc.org/cancer-care/patient-education/managing-related-fatigue.

☐ [Managing Cancer-Related Fatigue](#)



Please visit www.mskcc.org/hi/cancer-care/patient-education/video/how-manage-nausea-during-chemotherapy to watch this video.

For more information about managing cancer-related fatigue, visit www.mskcc.org/cancer-care/patient-education/managing-related-fatigue.

• If the patient is unable to tolerate oral intake, the nurse should monitor the patient's vital signs and level of consciousness. The nurse should also monitor the patient's hydration status and electrolyte levels. The nurse should document the patient's response to treatment and any adverse effects.

• Nausea and Vomiting

- The nurse should assess the patient's nausea and vomiting. The nurse should ask the patient about the timing and severity of the symptoms. The nurse should also observe the patient for signs of dehydration and electrolyte imbalance.
- The nurse should administer antiemetic medications as prescribed. The nurse should monitor the patient for side effects of the medications. The nurse should also provide the patient with oral fluids and electrolyte solutions (e.g., Pedialyte, Gatorade, Powerade) to help maintain hydration.
- The nurse should encourage the patient to eat small, frequent meals. The nurse should avoid foods that are greasy, spicy, or fatty. The nurse should also encourage the patient to rest and avoid stress.
- The nurse should monitor the patient's vital signs and level of consciousness. The nurse should also monitor the patient's hydration status and electrolyte levels. The nurse should document the patient's response to treatment and any adverse effects.
- The nurse should provide the patient with emotional support. The nurse should explain the causes of the patient's nausea and vomiting and the treatment plan. The nurse should also encourage the patient to ask questions and express concerns.
- The nurse should provide the patient with information about resources for further support. The nurse should provide the patient with the website www.mskcc.org/cancer-care/patient-education/acupressure-nausea-and-vomiting for more information about acupressure for nausea and vomiting.

• The nurse should provide the patient with information about resources for further support. The nurse should provide the patient with the website www.mskcc.org/cancer-care/patient-education/acupressure-nausea-and-vomiting for more information about acupressure for nausea and vomiting.

- 24 hours a day, 7 days a week, 365 days a year, we are here for you.
- We have a team of experts who can help you with your symptoms and side effects.
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Managing Nausea and Vomiting

(www.mskcc.org/cancer-care/patient-education/nausea-and-vomiting)



Please visit www.mskcc.org/hi/cancer-care/patient-education/video/how-manage-constipation-during-chemotherapy to watch this video.

Managing Constipation During Chemotherapy

Managing Constipation During Chemotherapy

- We have a team of experts who can help you with your symptoms and side effects.
- We have a team of experts who can help you with your symptoms and side effects.

- Your doctor may recommend that you take a laxative to help with constipation.
- Your doctor may recommend that you take a laxative to help with constipation. Some laxatives are over-the-counter (OTC) medications (such as Colace®) and some are prescription medications (such as Senokot®, MiraLAX®). Your doctor will tell you which laxative is best for you and how to take it. Some laxatives can cause dehydration, so it is important to drink plenty of fluids when taking a laxative. Your doctor will also tell you if there are any other precautions you should take when taking a laxative.

There are several ways to prevent constipation. Some ways to prevent constipation include:

- 2-3 cups of fluid per day. This can be water, juice, or other fluids.
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There are several ways to prevent constipation. Some ways to prevent constipation include:

Managing Constipation
(www.mskcc.org/cancer-care/patient-education/constipation)

☐ **Constipation**

Constipation is a common side effect of cancer treatment. It is a condition in which the bowels move less often than normal, and the stool is hard and difficult to pass. Constipation can be caused by many factors, including the use of certain medications, a change in diet, or a lack of physical activity. Constipation can be prevented by drinking plenty of fluids, eating a diet high in fiber, and getting regular exercise. If you experience constipation, talk to your doctor about the best way to manage it.

There are several ways to prevent constipation. Some ways to prevent constipation include:

- Drink 8 to 10 (8-ounce) glasses of clear liquids every day. Examples of clear liquids include water, broth, decaffeinated tea, and clear fruit juices (Gatorade, Pedialyte, etc.). Avoid alcohol and caffeine.
- Use over-the-counter anti-diarrheal medications (Imodium®), but only if you are not taking any other medications that may interact with them.
- If you are taking chemotherapy, you may need to take a prescription anti-diarrheal medication. Your doctor will tell you when to start taking it.
- **BRATY:**
 - Bananas, Rice, Applesauce, and Toast (BRATY) are good choices for food.
 - Avoid fatty, greasy, or spicy foods.
 - Avoid dairy products (milk, cheese, yogurt, etc.) if you are lactose intolerant.
 - Avoid alcohol and caffeine.
- If you are taking chemotherapy, you may need to take a prescription anti-diarrheal medication. Your doctor will tell you when to start taking it.
- BRATY (Bananas, Rice, Applesauce, and Toast) is a good choice for food. (B)ananas, (R)ice, (A)pplesauce, (T)oast, (Y)ogurt.

For more information on managing diarrhea, visit the *Managing Diarrhea* page at www.mskcc.org/cancer-care/patient-education/diarrhea.

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• Rinse with warm water after each meal and before bedtime. (Biotène® PBF Oral Rinse
or BetaCell™ Oral Rinse) |

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Mouth Care During Your Cancer Treatment (www.mskcc.org/cancer-care/patient-education/mouth-care-during-your-treatment) |

☐ Rinse with warm water after each meal and before bedtime. |

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- Hand Hygiene and Preventing Infection

(www.mskcc.org/cancer-care/patient-education/hand-hygiene-preventing-infection) ■■ *Neutropenia (Low White Blood Cell Count)* (www.mskcc.org/cancer-care/patient-education/neutropenia-low-white-blood-cell-count) ■■■■■ |

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- What you will learn:**
- What platelets do
 - How platelet counts are measured
 - Why your platelet count may be low
 - Signs and symptoms of a low platelet count
 - When to call your doctor about a low platelet count
 - How to take care of yourself if you have a low platelet count
- About Your Low Platelet Count** (www.mskcc.org/cancer-care/patient-education/low-platelet-count) |

13/19

2020 年 12 月 31 日，本公司 2020 年年度股东大会审议通过《关于 2020 年度利润分配预案的议案》，以 2020 年 12 月 31 日总股本 100,000,000 股为基数，向全体股东每 10 股派发现金股利 2.00 元（含税），共计派发现金股利 20,000,000.00 元。

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■ ■ Eucerin®, CeraVe®, ■ ■ Aquaphor®)।

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QUESTION

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■■■ *Nail Changes During Treatment* (www.mskcc.org/cancer-care/patient-

education/nail-changes-during-treatment-taxanes) ■■ *Nail Cooling During Treatment with Taxane-based Chemotherapy* (www.mskcc.org/cancer-care/patient-education/nail-cooling-during-treatment-taxane-based-chemotherapy) ■■■■■ |

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

MSKCC **Patient Education**, **www.mskcc.org/pe**

Managing Your Chemotherapy Side Effects - Last updated on March 23, 2023