

If you have questions about the content, contact your treatment team.

Issued by
This brochure was produced in collaboration with patients and experts.
Further information can be found on the website.



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Symptom Navi

What can I do for symptoms and side effects of the cancer treatment?



Dear reader,

Living with an illness often means you need to adapt your daily life. We want to support you in this. We would like to:

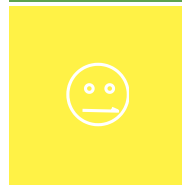
- help you feel more secure by giving you clear information.
- support you in coping with daily life despite your illness.
- give you suggestions as to what action you can take yourself for which symptoms.
- help you decide when you need to get help.

In addition, we would like to encourage you to listen to your body and assess how you are feeling. It is very important how well or how ill you feel.

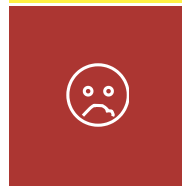
To make it easier for you to assess yourself, the following symbols have been chosen in our Symptom Navi information sheet:



If you feel well despite mild symptoms.



If you are suffering from symptoms and feel unnerved.



When you feel really ill and miserable.

The colours are to guide you

You notice

What you can do for yourself

Mild symptoms,
coloured green

Take the recommended preventive action.

Moderate
symptoms,
coloured yellow

Keep an eye on them and also take the action recommended in the green column. It may be good idea to contact the treatment team.

Severe symptoms,
coloured red

Contact the treatment team.

If you have several symptoms in the yellow range, this accumulation can be a burden. It may be a good idea to contact the treatment team early.

The recommended action is based on current scientific knowledge. You can find the results of the evaluation and the literature on the recommendations in the Symptom Navi at:

- [«www.symptomnavi.ch»](http://www.symptomnavi.ch)

If you are not sure or have questions, do not hesitate to contact your treatment team. The information flyers are not intended as a substitute for talking to professionals.

The treatment team is there for you.