

## Symptom Navi - flyer overview

- Symptom Navi (instructions leaflet)
- Anxiety
- Shortness of breath (dyspnoea)
- Increased susceptibility to infection and tendency to bleed
- Fatigue
- Pain
  - Supplementary measures to combat pain
  - Pain relief with drugs
- Cough
- Hair loss (alopecia)
- Headaches
- Changes in your sex life
- Upper body lymphoedema
- Eye irritation
  - Using eye drops correctly

### Skin information :

- Irradiated skin
- Inflamed lining of the mouth (oral mucositis)
- Sensory disturbances in hands or feet
- Skin reactions to targeted cancer treatment
- Skin changes on hands and feet (hand-foot syndrome)
- Itching



**VFSM**

Schweizerischer Verein  
zur Förderung  
des Selbstmanagements

### Information on intestinal transit and diet :

- Loss of appetite
- Diarrhoea
- Nausea and vomiting
  - Acupressure to prevent nausea and vomiting
- Constipation
- Taste modifications
- Nutrition and cancer
  - Daily diet

### For carers :

- Taking care of myself
- Support in case of pain

### Mental health :

- Dealing with my feelings
- New body image

### Activities :

- Staying active
- Back to Professional life

### Useful addresses :

- Help at home (adressen, links)

### Healthy living :

- Smoking cessation