

Symptom Navi - flyer overview

- Symptom Navi (instructions leaflet)
- Anxiety
- Shortness of breath (dyspnoea)
- Fatigue
- Fever during cancer treatment
- 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 (adresses, links)

Healthy living :

- Smoking cessation