

Chemotherapy

Your doctor has told you that you need chemotherapy. You may be worried about how the chemo will make you feel. You are not alone. Many people worry about this.

People experience the side effects from chemotherapy differently. Here are some tips to help you manage your side effects:

- Take your medications as prescribed.
- Make a list of any questions you have and write down how you felt after your treatment.
- Talk with your nurse or doctor about how you felt and ask your questions. They can make changes for the next treatment to make it better.

What is chemotherapy?

Chemotherapy is also called chemo. It is medicine used to treat cancer. Chemotherapy may be given alone. It can also help treatments like surgery or radiation work better.

Maskikíkiya ká ápataki ta natawihikawiyán

Maskikíwininiw awa kíkí wítamák óma é natawénítaman maskikíya ta otinaman. Apók étoké nántaw kititénítamihikon óma ta itiskákoyan káwí kakwé natawihikawiyán isi. Móna piko kina óma ékosi ká itamacihoyan. Mistahi ininiwak náspic óma kinamahénítamiskákowak. Kakinaw awiyak pá pakán itiskákowak óma ispík kákí maskikíwahocik. Ékwani óma kikakí itótén kisáspin nántaw kiwi itiskákon anihí maskikíya:

- Ispík ká itikawiyán éko tánikok piko ta otinaman anihí ki maskikíma.
- Masinaha anihí kékwána káwí nóte kakwécikémoyan éko kinawénita nántaw ta masinahaman tánisi étiskákoyan anima isi natawíwéwin.
- Éko kika wítamawáwak anihí maskikí ininiwak tánisi óma étamacihoyan éko ékospík kikakí ká kakwécimáwak kékwána. Ékota oci ta kiskénítamwak tánikok éko tántowa maskikiya ké mínikawiyán éko.

Kékwán óma ká icikáték?

Maskiki natawíwéwin óma mina ayiw natawíwéwin kikakí moci itén. Ékwani óki maskikíya ká ápataki ta natawítániwaki óma ká mancósíwáspinénániwak. Ékwani óki piko maskikíya takí ápatanwa óma káwí natawihikawiyán. Taki wícicikémakanwa mina óki maskikíya ta natawítát óma awiyak kákí mátisot wéká kákí moci manáskisikáténik ominíwin nántaw isi.

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How does chemotherapy work?

Chemotherapy can:

- stop cells from growing and dividing
- stop cancer cells from travelling to other areas of the body
- slow the growth of cancer cells
- shrink cancer before surgery

Chemotherapy works on the whole body so healthy cells can be affected too. This is why you may have side effects. Healthy cells will repair themselves with time.

Side Effects of Chemotherapy may include:

nausea and vomiting *	fertility issues
mouth sores *	infection
appetite changes *	diarrhea *
fatigue *	constipation *
hair loss	

* Indicates translated information is available

Remember: You may or may not get some of the side effects from chemotherapy.

Tánisi ési atosképaninwa anihí maskikíkiya?

Óma táki isi atosképaninwa anihí:

- éka awasimé ta nitáhihiki anihí ká mancósiskákoyan
- anihí ká mancósiwáspinéskákoyan éká kotakik misiwé kí miway tá isi átotémakak
- ta nakáskak éká awasimé ta nitahikámakaki anihí ká maci mancósiwéspinatikoyan
- ta méscinatak wésám piko anihí ki miniwina anima oci ká mancósiwáspinéyan mwés natawi mátisokawiyán

Misiwé ki miyáw ispaninwa anihí maskikiya éko misiwé ki pakamiskákon éyako. Ékwánima oci óma apók mina nántaw pakán kika itiskákon tápiskóc kotak kékwán ta nócihikoyan. Ká minwásik anima ki miko awasimé táti maskawátisíman ta pimápoték ki míyaw.

Ékwanik óki pakán kékwána ké isi itiskákoyan anihí maskikíkiya:

Káwí pákamocéyáspinéyan*	Máti kéki ocawásimisiyan
Ká píkotónépaniyan*	Miníwéyáspinéwin
Pakán ki tisi nótékatémacihon*	Ká sásáposiyan*
É wéci nótesinan*	Kipi pikachéwin*
Épinéniskwéyan	

* Kotákiyik isi pikiskwéwina ká wíci kátéki

Kákwé kiskisi: Apók étoké wéká móna nántaw káka itiskákon óko itiwa maskikíkiya.

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How is chemotherapy given?

Chemo is most often given by a needle into a vein (IV or intravenous). When the chemo treatment is finished the needle is removed. Sometimes a thin tube is inserted into a vein and is left in for all your treatments. This is called a PICC or PORT. Chemo is also given by:

- mouth (pill or liquid)
- needle into a muscle (injection)
- rubbing onto the skin (cream)

How often will I get chemotherapy?

Chemo treatments are often called cycles. The number of treatments or cycles given depends on each person's cancer. Treatments may be given:

- daily, weekly or monthly
- continuously by a pump that you wear home

Tánisi ési mínikawiyán óko itowa maskikíya?

Kika cístahókawin wésám piko. Ispík kísihikawiyani éko ta maninikátéw ta wépinikáték anima kákí oci cístahokawiyán. Áskaw kika mocikátéw kispitonik kékwán ita ta isi pítahikátéki anihi ká cístahokawiyán ta oci maskikíkiwiyán. Ayíw óma icikátéw PICC wéká PORT. Ayíw mina kikakí ési mínikawin óma maskikí:

- ta misiwépanicikéyan wéká ta minikwéyan
- ita ká isi maskawisiyan ta isi cístahokawiyán
- ta tóminisoyan (tóminikan)

Tánispík kékí má mínikawiyán óma isi maskikíwéwin?

Ayíw óma ká kítwám ta itócikátéw. Inikok anima ta má mínit óki maskikíya ta kiskénicikátéw máti inikok ké itáspinet ana ká ákosit. Óma ispík kikakí mínikawin:

- tahtokisikáw, péyakwá ká ispanik, wéká tahto písim
- wéká anima tápitaw ta kikiskaman kispitonik ta pítápoték anima maskiki

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How long does chemo take to give?

Chemo treatments can take a few minutes, several hours or a few days.

Where will I get chemotherapy?

Chemo is usually given in the cancer clinic and you go home the same day. Some treatments are only given in a hospital and you need to stay overnight or longer.

Tánikok ké nócitániwak óma ta mínikawiyán maskikí?

Átit anihí nócitániwana náspic acinaw, átit nántaw níso tipahikana wéká áskaw níso wéká nisto kísikáwa.

Tánté kékí isi nátaman óma itowa ta isi natawihikawiyán?

Ékotowa ókik natawíwéwi maskikíya kikákí mínikawin nété ká kinawápamicik otákosiwak. Átit óki isi natawíwéwina tasíkikátéwa anté ákosiwikamikok éko piko ta natawi kapésiyan wéká nawac kinowésis ité kika ayán.