

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.

Amogowin Mashkiki

Gimashkikiwininiim giwiindamaag amogowin mashkiki ji-odaapinaman. Maagizhaa giwawaanendamonaadog aaniin iwe mashkiki ge-izhishkaagooyan, gaawiin dash gibezhigosii. Mii niibowa awiyag enendamowaad.

Bebakaan ayinamanji'owag bebakaan awiyag odaapinamowaad owe mashkiki. Onowen giga-wiiji'igonan aaniin ge-inishkaagooyan.

- Bizikitaagen aaniin ji-izhi-odaapinaman mashkikiin.
- Ozhibii'an wegonen noonde-gagwedweyan aaniin gaa-inamanji'oyan ishkwaaw odaapinaman mashkiki.
- Wiindamaw gimashkikiwikwem gemaa gimashkikiwininiim aaniin gaa-inamanji'oyan, mii izhi gagwejim wegonen gaa-noonde-gikendaman. Bakaan da-izhichigewag nawach ji-minomanji'oyan.

Wegonen iwe Amogowin Mashkiki?

Amogowin mashkiki gimiinigoo ayaaman amogowin. Maagizhaa bezhig eta mashkiki giga-miinigoo. Gidaa-wiiji'igon gaye giishpin maajizhigoowin gemaa zhaabwaatenigoowin.

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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.

Amogowin Mashkiki

Aaniin ezhi-anokiimagak Mashkiki?

Amogowin Mashkiki izhise:

- gaawiin da-giikisesiiwag maji-manijooshag
- gaawiin maji-manijooshag bakaan da-izhaasiiwag giyawing
- gaawiin da-ozhigiiwisiiwag maji-manijooshag
- nawach giga-aate-ayaa gidaakoziwin jibwaa maajizhigoowin

Miziwe izhaamagad mashkiki abooshke gaa-mino-ayaayan biinjiya'ii da-izhaamagad. Mii ningoding wenji-maazhishkaagoowin. Neyaab idash giga-ani-mino-ayaa.

Aaniin ge-izhishkaagooyamban daabishkoo:

zhiishigagoweshkaawin*	daga ji-oniijaanisiwan
bigwaashkaang gidooning*	bigwaashkaawin
bakaan inanjiwagwin*	zhaaboshkaawin*
ayekoziwin*	gibisiganzhiiwin*
giwanitoonan giinizisan	

* wiindamaagemagad aanikanoochigaade

Minjimendan: Gaawiin maagizhaa giga-maanishkaagoosin amogowin mashkiki.

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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

Amogowin Mashkiki

Aaniin ezhi-miinigoowin owe mashkiki?

Nitaa-bajiishkawaawag gaa-miinindwaa amogowin mashkiki. Apii ishkwaa miinigoowin, odaapinigaade zhaabonigan. Naanigoding onagisheyaabiins miskweyaabiing biinjisijigaade minik ji-ishkwaa-dazhiikaagoowin. Mii owe PICC gemaa PORT gaa-ijigaadeg. Owe gaye gidaa-izhi-miinigoo mashkiki:

- gidooning (gwanjigan gemaa minikwewin)
- bajiishkaagewin (zhaabonigan)
- zhazhoobii'on

Aaniin dasing ge-miinigoowaan amogowin mashkiki?

Gagiiwaami-miinigoowin mashkiki. Minik igo ge-miinind awiya dibach da-miinaa aaniin igo enaapined. Maagizhaa owe daa-doodawaa:

- endaso-giizhig, endaso-anami'e-giizhig gemaa endaso-giizis
- gigiwewidoon aabajichigan ji-miinidizowin gimashkikiim

Chemotherapy

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.

Amogowin Mashkiki

Aaniin epiichiseg ji-miinigoowin mashkiki?

Ningoding dibach daso-diba'iganens, endaso-waakaasegin gemaa endaso-giizhigoon.

Aandi ge-miinigoowaan amogowin mashkiki?

Aakoziwigamigoonsing gimiinigoo mashkiki, mii-go ningo-giizhig ezhaayan gidaa-giwe. Aanind aakoziwigamigong gimiinigoo, ji-gabeshiyan dash gemaa nawach ginwezh giga-gibichii.