

# Managing Cancer Symptoms and Treatment Side Effects Book

## Contents

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Go to this link: <https://cancer.osu.edu/about/locations> to find driving directions and maps.

### Cancer Therapy: Managing Side Effects

- [Cancer Therapy: Managing Side Effects - Constipation](#)
- [Cancer Therapy: Managing Side Effects - Dehydration](#)
- [Cancer Therapy: Managing Side Effects - Diarrhea](#)
- [Cancer Therapy: Managing Side Effects - Dry Mouth and Thick Saliva](#)
- [Cancer Therapy: Managing Side Effects - Esophagitis](#)
- [Cancer Therapy: Managing Side Effects - Fatigue](#)
- [Cancer Therapy: Managing Side Effects - Mouth Sores](#)
- [Cancer Therapy: Managing Side Effects - Nausea and Vomiting](#)
- [Cancer Therapy: Managing Side Effects - Radiation Therapy Skin Care](#)
- [Cancer Therapy: Managing Side Effects - Taste Changes](#)
- [Cancer Therapy: Managing Side Effects - Tips to Sleep Better](#)
- [Cancer Therapy: Managing Side Effects - Vaginal Dryness](#)

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

## **Pain Management**

- [Pain Management](#)
- [Pain Management Log For Patients](#)
- [Non-Drug Pain Relief: Distraction with Humor](#)
- [Non-Drug Pain Relief: For Peripheral Neuropathy](#)
- [Non-Drug Pain Relief: Frozen Gel Packs](#)
- [Non-Drug Pain Relief: Hand Massage](#)
- [Non-Drug Pain Relief: Imagery](#)
- [Non-Drug Pain Relief: Relaxation with Breathing Exercises](#)
- [Non-Drug Pain Relief: Relaxation with Music or Sounds](#)

## **Other Side Effects and Symptom Management**

- [Cancer and Depression](#)
- [Eating Tips for Managing Cancer Treatment Side Effects](#)
- [Hair Loss](#)
- [Lymphedema and Treatment Options](#)
- [Peripheral Neuropathy Caused by Cancer Therapies](#)
- [Sexuality After Cancer](#)
- [Sexual Changes During Chemotherapy](#)

## **Resources**

- [Cancer Internet Resources](#)
- [Cancer Patient Education Resources at The James](#)
- [Cancer Patient Education Video Checklist](#)
- [Cancer Survivorship](#)
- [JamesCare for Life Programs](#)
- [Palliative Care](#)
- [Patient and Family Resource Center](#)
- [Nutrition Internet Resources](#)