

MYTHS AND FACTS ABOUT CINV

WHAT YOU REALLY NEED TO KNOW ABOUT **CHEMOTHERAPY-INDUCED NAUSEA AND VOMITING**

There are many myths out there around chemotherapy-induced nausea and vomiting, or CINV. It's important to know the facts in order to know what you can expect during your chemotherapy treatment.

Nausea and vomiting from chemotherapy may affect your overall health, family life, and work life. Talk to your oncologist, nurse, or pharmacist (ie, your healthcare team) about any side effects you experience so that they can help you get the treatment you need.

This information is based on a 2015 survey conducted by Wakefield Research on behalf of HOPA and Eisai Inc that assessed the perceptions about nausea and vomiting among patients receiving chemotherapy treatment.



Chemotherapy-induced nausea and vomiting can occur immediately or up to seven days after treatment.

CHEMOTHERAPY-INDUCED NAUSEA AND VOMITING CAN OCCUR



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? MYTH

Nausea and vomiting from chemotherapy are normal.

✓ FACT

Nausea and vomiting from chemotherapy may be prevented with treatment.

83% of people who experienced nausea and vomiting from chemotherapy thought they were side effects with which they must live.

? MYTH

Nausea and vomiting are signs that my chemotherapy is working.

✓ FACT



Although many believe nausea and vomiting mean chemotherapy is working—**that's not the case.**

Nausea and vomiting don't indicate whether or not your chemotherapy is working.

? MYTH


There is nothing I can do to prevent nausea and vomiting from chemotherapy.

✓ FACT


Besides treatment, there are several things you can do to help prevent nausea and vomiting from chemotherapy. Here are a few tips to try:


 Be sure you are **drinking enough fluids**


 Eat and drink **slowly**

 **Avoid sweet, fried, and fatty foods**

 **Avoid strong odors**

 **Wear loose-fitting clothing** around the waist and don't put stress on your stomach

 **Don't lay flat** for at least two hours after eating or drinking

 Use **relaxation techniques**, such as music or entertainment

? MYTH

I don't want to be a burden by talking about my nausea and vomiting from chemotherapy.

✓ FACT



Your healthcare team wants to know what is concerning you. Don't be afraid to ask your oncologist, nurse, and/or pharmacist any questions that you may have.

? MYTH

I should wait until I experience nausea and vomiting from chemotherapy to talk to my healthcare team about it.

✓ FACT



The sooner you ask about nausea and vomiting from chemotherapy, the sooner you can help prevent it.

? MYTH

If I keep reporting side effects from my chemotherapy, my oncologist will stop my treatment.

✓ FACT

Oncologists look for ways to manage side effects with other medicines and/or lifestyle changes. By speaking up early, you can help your oncologist control or prevent side effects while they are still manageable.

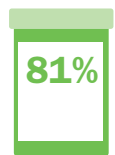


? MYTH

It's normal to still feel nauseous even though I've received treatment to prevent it, as long as I'm not vomiting.

✓ FACT

This is a common misperception. In fact,



of patients with nausea and vomiting from chemotherapy believe that their anti-nausea/vomiting treatment is working as long as they're not vomiting.

? MYTH

Nausea and vomiting aren't a big deal. I can just push through; it's not affecting me that much—and it only affects me, no one else.

✓ FACT

Nausea and vomiting from chemotherapy can lead to poor nutrition, dehydration, and electrolyte imbalances.



61% of survey responders said it caused them to miss out on family events.



48% said it caused them to miss work.

YOU DON'T NEED TO SUFFER NEEDLESSLY—NAUSEA AND VOMITING FROM CHEMOTHERAPY MAY BE PREVENTED



Talk to your oncologist, nurse, or pharmacist about preventing nausea and vomiting from chemotherapy to make sure you get the best possible care.



GET THE CHEMOTHERAPY SIDE EFFECTS TRACKER



Easily track your symptoms so you can let your healthcare team know what you're experiencing.

Download it at www.TimeToTalkCINV.com



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