Managing long term side effects of chemotherapy

Teenagers and young adults (TYA) who survive cancer treatment can have a range of side effects later in life. If it is known which chemotherapeutic agents were used, the “Principal causative drugs” column can guide monitoring and management. Factors that further increase the risk of complications from chemotherapy are listed in the “risk groups” section.

** Psychosocial effects of chemotherapy include: **
- Post-traumatic stress disorder
- Financial burden
- Depression
- Employment difficulties
- Social isolation
- Educational difficulties
- Strained relationships with partner, family, and peers.

**Principal causative drugs**
- Alkylating agents
- Cytophosphamide
- Cyclophosphamide
- Doxorubicin
- Temozolamid
- Vincristine
- Topo II inhibitors
- Busulfan
- Bleomycin
- Prednisolone HD1
- Other

**Risk groups**
- Baseline MMSE
- Consider: Neutropenia
- Consider: Pneumonitis
- Encourage communication with school/university/place of work
- Consider referral to Social worker
- Psychologist
- Occupational therapist
- Respiratory specialist

**Managing those at risk**
- Neurological examination
- Baseline audiological assessment
-_screening
- Smelling
- Hearing aid
- Speech therapy
- Assessment of reversible causes
- Warm gloves in winter
- Calcium channel blockers
- Vasopressors

**Ventricular failure**

**Coronary artery disease**

**Hypertension**

**Chronic kidney disease**

**Haemorrhagic cystis**

**Renal tract malignancy**

**Infertility**

**Primary hypogonadism**

**Necrosis of femoral head**

**Second malignant neoplasm**

**Psychosocial problems**

**Fatigue**

**Osteoporosis**