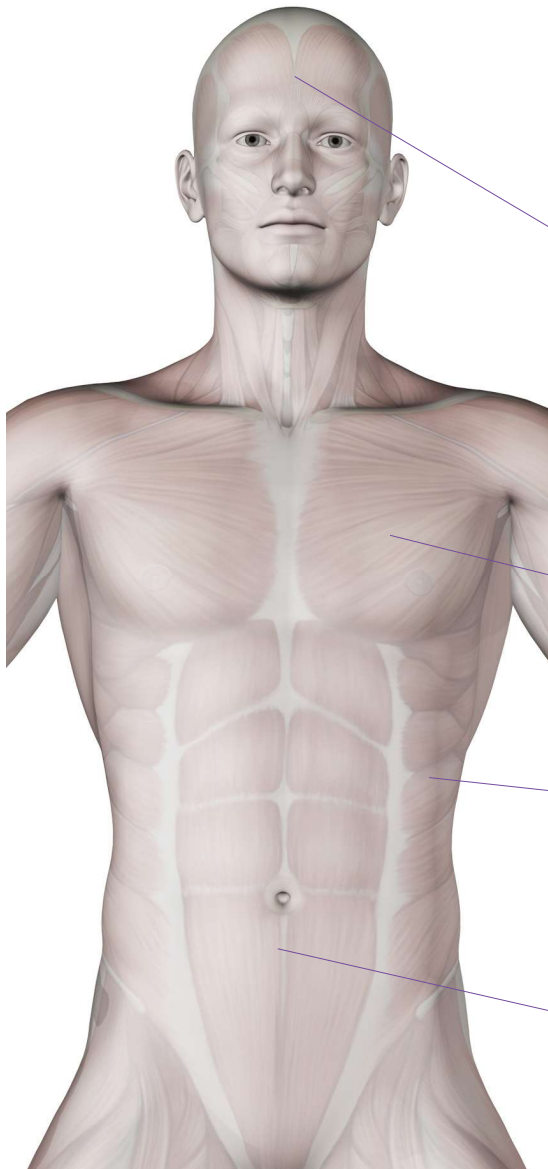


Thyroid Problems

What are the symptoms?

- **Changes in your appetite (more or less hungry)**
- **Losing or gaining weight without trying**
- **Inability to tolerate hot or cold temperatures**
- **Changes in your mood, energy level, or behavior such as decreased sex drive, irritability, tiredness, or forgetfulness**
- **Your heart races, seems to skip a beat or flutters**
- **You have constipation or diarrhea**
- **Your skin is drier or more oily and/or your hair is thinning**



Where are the symptoms?

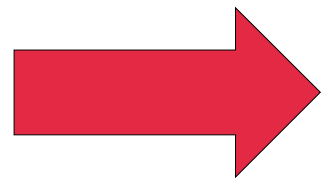
- Changes in your mood, energy level (more tired) or behavior (sex drive, irritability, or forgetfulness)
- Changes in your appetite (either more or less hungry)
- Your hair is thinning

- Your heart races, seems to skip a beat, or flutters


- You are unable to tolerate hot or cold temperatures
- Your skin is either drier or more oily than before

- If you have been losing or gaining weight without trying
- You have constipation or diarrhea

Why should you report these symptoms early to your oncology team?



Reporting symptoms early increases your chances of staying on your treatment

- Steps can be taken to address your symptoms early
- Heart problems  passing out or heart attack
- Low metabolic rate  coma

How can I take care of my thyroid gland?

DO

- Eat a healthy diet and exercise regularly
- Continue taking any thyroid supplements you were prescribed prior to starting cancer therapy

Who will help me with thyroid and endocrine side effects?

YOUR ONCOLOGIST



- Always call your oncologist first
- They'll manage most symptoms with hormonal replacement therapy and close monitoring

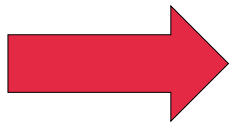
BUT, if symptoms progress

- A doctor who specializes in thyroid and endocrine issues (endocrinologist) may need to help
- You may need medications to suppress the thyroid or replace its effects
- Severe or life-threatening symptoms
 - May require that you be admitted to the hospital and treated by an endocrinologist
 - Specialized care to support you and protect your heart may be required

When should I be most concerned?

If you experience

- **Swelling of your thyroid gland (located in front of your windpipe)**



Call your oncologist IMMEDIATELY and be prepared to go to the emergency room