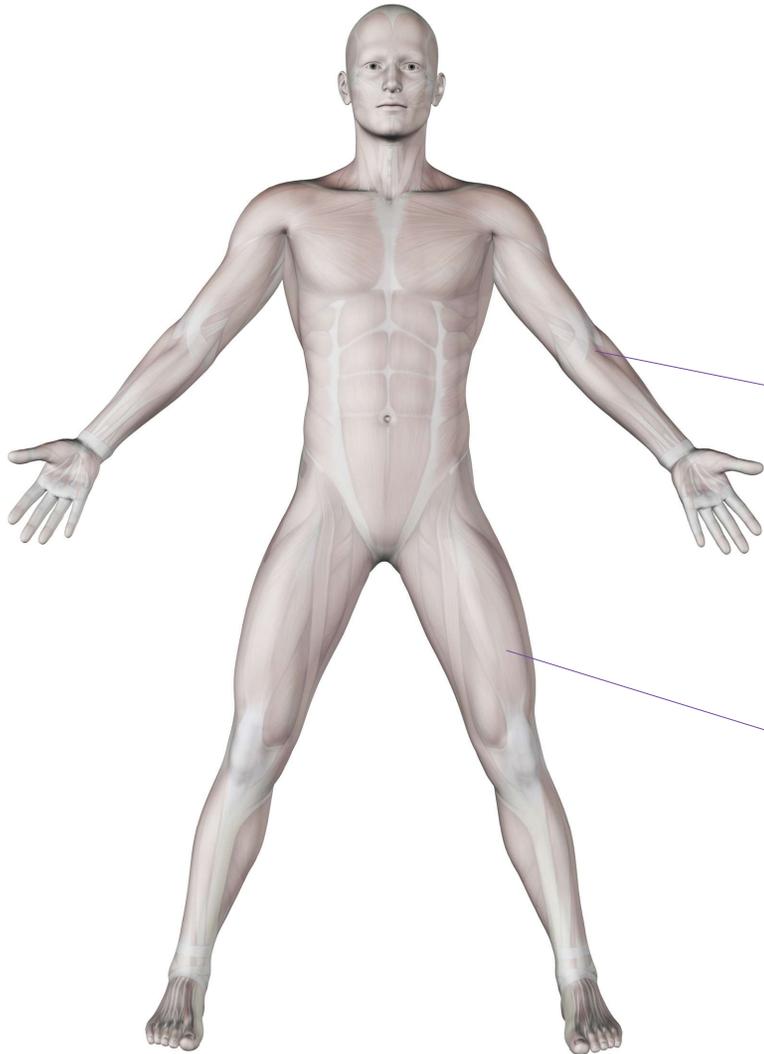


Joint Pain, Swelling, or Stiffness

What are the symptoms?

- **Joint pain**
- **Joint swelling**
- **Joint stiffness**
- **Redness around the joint**
- **Difficulty with walking or performing your daily activities**

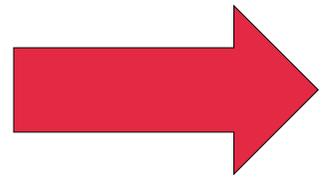
Where are the symptoms?



- Joint pain
- Joint swelling
- Joint stiffness
- Redness around the joint

- Difficulty with walking or performing your daily activities

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
- Joint swelling/stiffness  joint deformity and disability

Managing your side effects

DO

- With the approval of your oncologist's office, take over-the-counter anti-inflammatories/pain relievers such as ibuprofen (Advil®, Motrin®) or naproxen (Aleve®) to relieve pain and stiffness. Your oncology team member may give you stronger prescription drugs to ease joint problems
- Apply an ice pack to swollen joints for 15 minutes several times a day
- Keep the joint above your heart whenever you can to reduce swelling
- Use plastic wrap or tape on the joint to support it
- Try to stay as active as possible. Do 30 minutes of low-to-moderate-intensity physical activity most days of the week. Also try to do resistance training (calisthenics or with weights), yoga, tai chi, Qigong, Pilates, aquatic exercise, or a focused dance program

DON'T

- Start taking any new medications without informing your oncology team
- Engage in activities that cause pain

Who will help me with joint pain side effects?

YOUR ONCOLOGIST



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

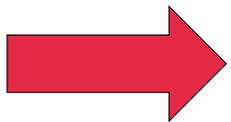
BUT, if symptoms progress

- A doctor who specializes in joint pain issues (rheumatologist) may need to help
- You may need additional workup, supportive medications, and steroids
- Severe symptoms
 - May require specialized, strong medications (called biologics)
 - Collaboration with a rheumatologist is typically required

When should I be most concerned?

If you experience

- **Sudden, severe onset of joint pain, swelling, or stiffness**
- **A fall and the joint looks deformed, or you can't place weight on the joint or use it all**



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