



## Cancer and Chemotherapy

For someone with cancer, the thought of having chemotherapy might make them nervous. One of the most common concerns about chemotherapy is the negative side effects.

Locate the article *Cancer and Chemotherapy* on *Health Connected's Health Library*\* today to learn more about the types of side effects that can be caused by different doses of chemotherapy and how an individual may react to the treatment. The article includes sections on:

- The side effects of chemotherapy;
- Managing nausea and vomiting;
- Coping with fatigue;
- Cosmetic concerns; and
- Chemotherapy and your emotions.

**Don't Forget:** October is Breast Cancer Awareness month! According to the [Canadian Cancer Society](#), 1 in 8 Canadian women are expected to be diagnosed with breast cancer in their lifetime.