

Self-care at Home

For patients at 8-Southeast Oncology and Infusion

This handout is for our patients with gynecologic cancer. It gives warning signs to watch for and tips on how to stay as healthy as you can.

When to Call

If you have any of the symptoms listed here, you may need to come to the clinic before your usual visit. Call us if you have:

- New bleeding or spotting from your vagina
- New itching, pain, or bleeding in your vulva
- Unusual discharge from your vagina
- Symptoms that last longer than 2 weeks, such as:
 - Pelvic or abdominal pain or bloating
 - Nausea, vomiting, or feeling very full right after eating
 - Change in your bowel or bladder habits
 - Blood in urine or black or bloody stool
 - Cough or being short of breath
 - Headaches or vision changes
 - Unusual fatigue (tiredness)
 - Unexpected weight loss
 - Back pain

Take Care of Yourself

A healthy lifestyle is linked with better overall health and quality of life. Here are ways to take good care of yourself:

- **Eat healthy.** Eat a healthy diet with lots of vegetables, fruits, and whole grains. Limit sugars and fats. Drink more water, and less soda and juice.



Eating a healthy diet is part of taking care of yourself.

- **Be active.** Aim for at least 150 minutes of moderate exercise every week. This is best if spread out over a few days, such as exercising for 30 minutes 5 times a week.
- **Keep a healthy weight.** Achieve and maintain a healthy body weight.
- **Avoid tobacco and vaping.** Do not use tobacco or e-cigarettes in any form.
- **Be sun-safe.** Wear a hat and cool clothing, and apply a broad-spectrum sunscreen with an SPF of 30 or higher.
- **Limit alcohol intake.** Women should not drink more than 1 drink a day. One drink is 12 ounces of beer (light beer is best), 4 ounces of wine, 2 ounces of dry sherry, or 1½ ounces of distilled spirits such as whiskey, rye, vodka, or gin.
- **Get health checkups.** Visit your primary care provider regularly.

If You Have Early Menopause

For bone health and strength:

- Take 1,200 mg of calcium every day. You can meet this amount by eating 3 to 4 servings of dairy a day. If you take a supplement, take no more than 500 mg at a time for best absorption.
- Take vitamin D3, 1,000 to 2,000 units a day.
- Do regular weight-bearing exercise such as walking or lifting weights.
- Avoid alcohol and smoking, including vaping. These products decrease bone strength.
- Take hormone therapy, if prescribed.

If You Are Taking Hormone Therapy

- Report these symptoms to your provider:
 - Swelling, redness, or pain in your legs
 - Cough, chest pain, or shortness of breath
- If traveling or taking long flights, walk often to lower your risk of getting blood clots in your legs.
- Do **not** smoke or use vape.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call the Oncology Clinic at 206.598.8300. Infusion Center hours are 8 a.m. to 10 p.m.

After hours and on weekends and holidays, call 206.598.6190 and ask to page the Oncologist on call.