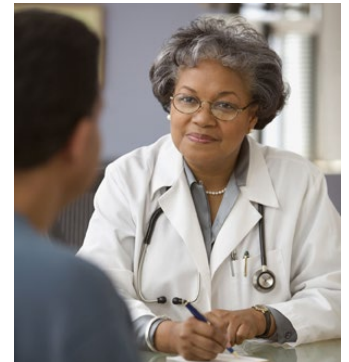


## Side Effects of Radiation to the Chest to Treat Lymphoma

*This handout lists possible short-term and long-term side effects that patients may have after receiving radiation treatment to the chest for lymphoma.*

### Short-term

- Skin irritation, redness, darkening
- Pain when swallowing, or trouble swallowing
- Cough
- Feeling short of breath
- Fatigue (feeling very tired)



*Please talk with your provider if you have concerns about any of these side effects.*

### Long-term Side Effects

- Dark patches of skin (*hyperpigmentation*)
- Risk of lung inflammation (*pneumonitis*) 6 weeks to 6 months after treatment
- Lung irritation, with cough, shortness of breath, fever
- Lung damage and scarring (*fibrosis*)
- Heart damage and a higher risk of *coronary artery disease*, *valvular dysfunction*, and other heart disease (see “Follow-up and Self-care,” below)
- Decrease in thyroid function (*hypothyroidism*)

### Rare Side Effects

- Spinal cord injury
- Esophagus damage
- Cancers caused by the radiation (*secondary malignancy*)

### Follow-up and Self-care

Have regular follow-up visits with your primary care provider to screen for and manage risk factors for heart disease. These risk factors include diabetes, high blood pressure, and high cholesterol. To support your health, exercise regularly and eat a well-balanced, heart-healthy diet.

### Questions?

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

Weekdays 8 a.m. to 5 p.m., call Radiation Oncology at 206.598.4100.

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