

Chemotherapy:

MYTH vs

FACT

**Your guide to understanding
some common misconceptions
about treatment with
chemotherapy**

Chemotherapy is commonly used to treat cancer in the US. This guide may help inform your treatment choices by providing an overview of the history of chemotherapy and dispelling common misconceptions and myths that surround it.

Treatment with chemotherapy has changed over time

Chemotherapy can be a highly effective treatment that may be able to extend life span

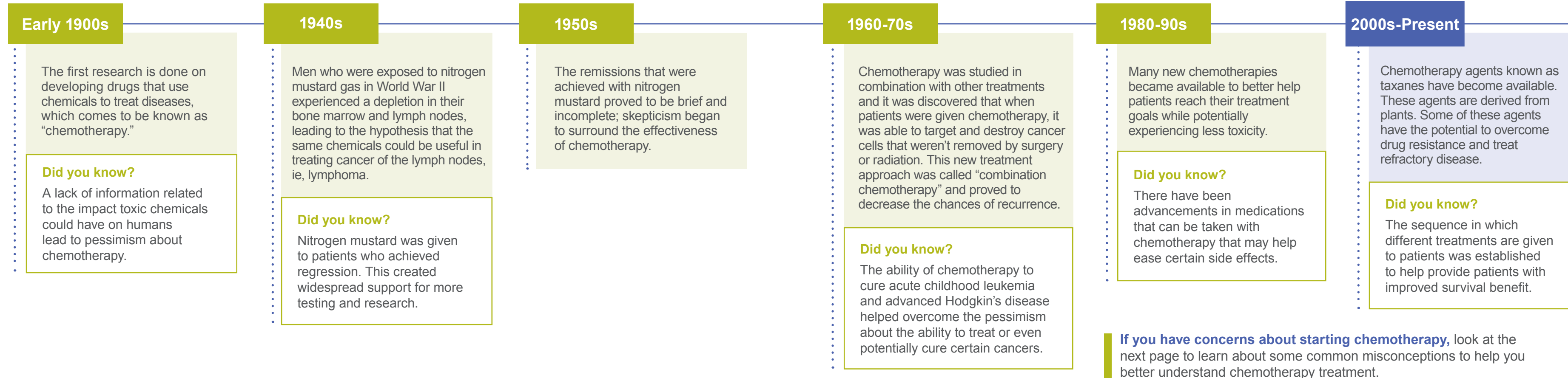
However, it is not uncommon to have some hesitation about it.

Chemotherapy works by targeting and killing cancer cells. Unfortunately, it can also damage healthy cells, leading to side effects such as fatigue, nausea, and hair loss. More serious side effects are also possible. While these side effects can sound scary, the good news is chemotherapy has evolved over the decades.



Ask your healthcare provider if chemotherapy may be able to help you or your loved one

Take a look at the timeline below to see the advancements that have been made



There are common misconceptions about chemotherapy

It is okay to have some hesitation about starting treatment with chemotherapy. However, it is important to speak to your doctor about all your specific concerns and make sure you know all the risks and benefits before making any treatment decisions.

Take a look at some of the most common myths about chemotherapy to give you an idea of what you may want to discuss with your doctor in more detail

<p>✘ MYTH</p> <p>The side effects of chemotherapy are always impossible to manage.</p>	<p>VS</p>	<p>✔ FACT</p> <p>While there are side effects associated with chemotherapy, there have been advancements in medications that can be taken with chemotherapy that may help prevent or lessen certain side effects.</p>
<p>✘ MYTH</p> <p>Chemotherapy will make me nauseous all the time.</p>	<p>VS</p>	<p>✔ FACT</p> <p>While each patient's experience is unique, nausea can be a common side effect of chemotherapy. If you experience nausea, there are steps you and your doctor can take that may help to lessen or manage nausea.</p>
<p>✘ MYTH</p> <p>Chemotherapy is only used when there are no other viable options.</p>	<p>VS</p>	<p>✔ FACT</p> <p>Chemotherapy can be an effective treatment option at various stages of cancer treatment for many different types of patients.</p>

<p>✘ MYTH</p> <p>Chemotherapy will make me lose all my hair.</p>	<p>VS</p>	<p>✔ FACT</p> <p>While hair loss is a possible side effect with chemotherapy, not every chemotherapy drug causes hair loss. Some drugs only cause hair thinning, while others do not cause any hair loss at all.</p> <p>There are certain products that may help reduce your risk of hair loss. If hair loss does occur from chemotherapy, it is usually temporary.</p>
<p>✘ MYTH</p> <p>If I receive chemotherapy, I will have to be in the hospital all the time receiving infusions.</p>	<p>VS</p>	<p>✔ FACT</p> <p>The length of a chemotherapy session can vary based on the specific treatment and the patient who receives it. Additionally, some chemotherapy is given in an outpatient or inpatient setting.</p>
<p>✘ MYTH</p> <p>All chemotherapy is the same.</p>	<p>VS</p>	<p>✔ FACT</p> <p>There are many different chemotherapy agents, including some that can be effective even after other therapies stop working.</p>



Talk to your healthcare
team about the possibilities

with chemotherapy as a
treatment option