

Answers to Common Concerns About Radiation Therapy

If you're worried about your upcoming radiation therapy, that's understandable. Being diagnosed with cancer and needing treatment can be overwhelming.

To help ease your mind, focus on how radiation therapy will help control, cure, or ease symptoms of your cancer, so you can spend more time doing the things you enjoy.

Knowing what to expect from treatment can also help you feel less anxious and better prepared. Here are the facts behind some common concerns about radiation therapy.

How will I feel during treatment?

Chances are, you'll feel some fatigue during radiation therapy. You may also have other side effects, like skin problems or certain physical changes.

These depend mainly on which part of your body is being treated.

Now for the good news: Your healthcare providers are well-equipped to help you handle many common side effects. So, talk with them before your first treatment. They'll tell you what to expect and how best to manage it.

Is radiation therapy safe?

Yes! Radiation therapy has been safely used for many years to treat cancer. Know that precautions are in place to protect you, your healthcare providers, and your loved ones.

These safety measures depend on the type and amount of radiation therapy you get.

Your care team will tell you what to do based on your specific treatment plan. If you have any questions, ask away!

What will life be like after treatment?

Truth is, it may take a few weeks or months for you to recover. But over time, most—if not all—side effects will go away after treatment. So, take it easy and be kind to yourself.

After treatment, you may also have some late effects. These can pop up months or years later. They depend on the type and dose of your radiation therapy. They may include things like bone loss, joint problems, trouble with memory, or rarely, a second cancer.

If you're worried about such things, tell your care team. They can help you cope with any emotional and physical changes.

And remember this: The benefits of radiation therapy often outweigh its possible risks.

Still have questions or concerns? Your care team is here to help. Get in touch to learn more about what you can do to make sure your cancer treatment goes smoothly.