

CHEMOTHERAPY – PREVENTING NAUSEA AND/OR VOMITING, STIMULATING APPETITE – LOWERING 3-WEEK INFUSION OF DOCETAXEL/TAXOTERE TO WEEKLY INFUSION TO REDUCE SIDE EFFECTS

Compiled by Charles (Chuck) Maack – Prostate Cancer Advocate/Mentor

Nausea and vomiting prevention and appetite stimulating medications for patients undergoing chemotherapy (Very important to closely read the use of these medications and the side effects that can occur. Definitely requires close attention by both patient and physician when prescribed):

NAUSEA and VOMITING Prevention:

“Coping with Nausea and Vomiting from Chemotherapy” from *CANCERCARE* – An easy to read explanation of the causes of these side effects and what can be done about them:

See:

http://www.cancercare.org/pdf/booklets/ccc_nausea_and_vomiting.pdf

Cesamet (aka naboline) synthetic cannabinoid analogue

See:

http://norml.org/index.cfm?Group_ID=6910

Ondansetron (brand name Zofron)

See:

<http://health.yahoo.com/cancer-medications/ondansetron/healthwise--d00867a1.html>

or try: <http://tinyurl.com/p4wqvz>

Palonosetron, also known as *Aloxi*

See:

http://cme.medscape.com/viewarticle/527451_15

(This is a MedScape site and you may have to register (free) to view MedScape articles)

NAUSEA PREVENTION and STIMULATE APPETITIE:

Medicinal Applications of Delta-9-Tetrahydrocannabinol (THC) and Marijuana
(The key here, is “use with caution.”)

<http://www.annals.org/cgi/content/full/126/10/791>

SOME SUGGESTIONS FROM PATIENTS TO OVERCOME FEELING OF NAUSEA:

- Avoid mindset prior to chemotherapy that you will experience nausea.
- There are medications that can be prescribed prior to chemotherapy to help against nausea, but altogether different types of medication prescribed for after chemotherapy to help against nausea. Your physician should know which to prescribe.
- Chew on pieces of Ginger Root as preventative.
- Chew on ice chips during chemotherapy.
- Relaxing with deep inhaling through nose, release through mouth.
- Humming when experiencing a feeling of nausea.
- Wristbands available at Drug Stores sold for seasickness with a small plastic ball that is worn to press against the inner arm two finger widths above the wrist.
- Acupuncture.
- Hypnosis.

Patients experiencing uncomfortable side effects from docetaxel/Taxotere administered every three weeks rather than weekly may want to discuss the following with their physician to reduce those effects:

From: <http://theoncologist.alphamedpress.org/cgi/content/full/9/5/538>

“Weekly dosing of docetaxel has been investigated in an effort to reduce toxicity and has been identified as a safe and effective regimen in clinical trials. Weekly docetaxel is generally administered at doses ranging from 30–40 mg/m²/week for 6 of 8 weeks or for 3 of 4 weeks. With weekly dosing, though efficacy is comparable, myelosuppression is substantially less, and the overall tolerability profile is better than with every-3-week dosing. Fatigue is a common toxicity associated with weekly docetaxel; other adverse effects that are seen in a minority of patients include hyperlacrimation, nail toxicity, and alopecia. These side effects are dose related and can generally be managed through dose reductions or alterations in the weekly schedule. Because of the favorable tolerability profile, weekly docetaxel is under investigation in combination with other chemotherapeutic agents and with novel targeted agents in a variety of tumor types. The results of these ongoing studies will further define the place of weekly docetaxel in cancer therapy.”

From: <http://tinyurl.com/yj9w7d9>

“Conclusions: Weekly low-dose docetaxel is an effective and well-tolerated treatment for patients with hormone-resistant prostate cancer previously exposed to chemotherapy.”

From: <http://tinyurl.com/2p4bkx>

“Fatigue affects about 50% of patients receiving Taxotere. Patients on the q3wk regimen usually report moderate to severe fatigue lasting about a week after each infusion. They usually recover to normal energy levels in time for the next treatment. Patients on the q1wk schedule usually experience a milder degree of fatigue, but of longer duration.”