

In partnership with

**MACMILLAN**  
CANCER SUPPORT

easy  
read

# Side effects from radiotherapy

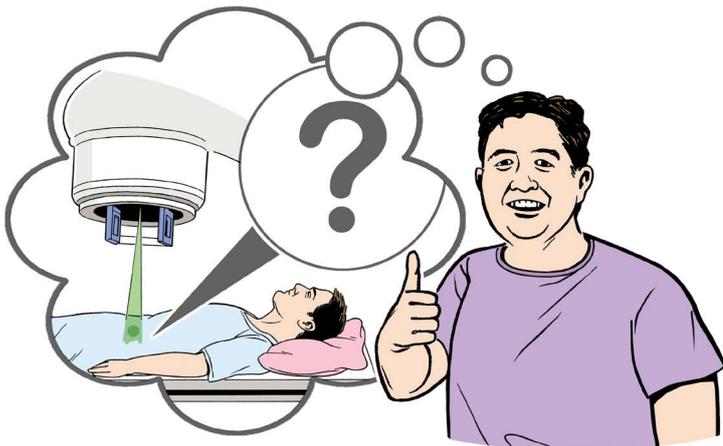




# About this easy read booklet



This booklet is about side effects from radiotherapy.



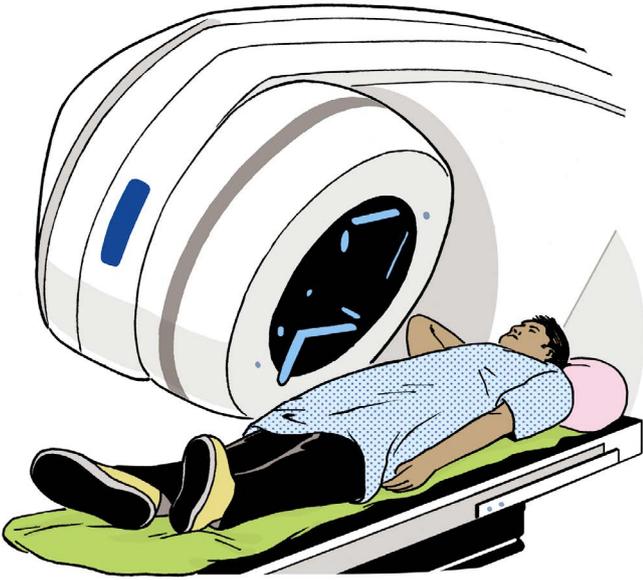
You can learn about what will happen to your body when you have radiotherapy.



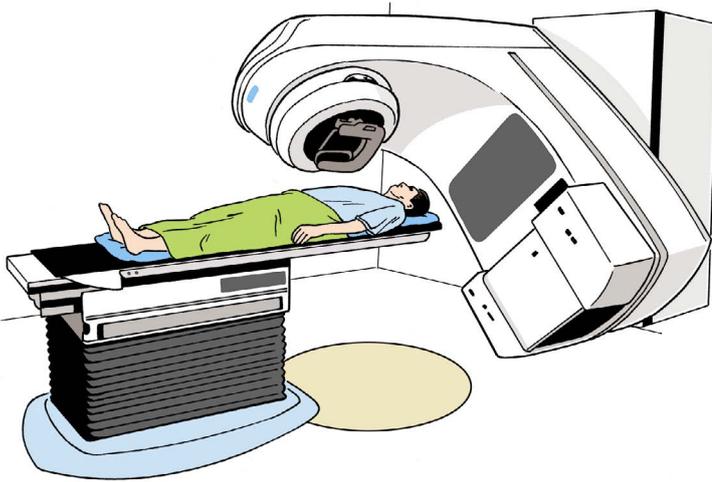
If you are worried about your health, you should talk to a doctor or nurse.



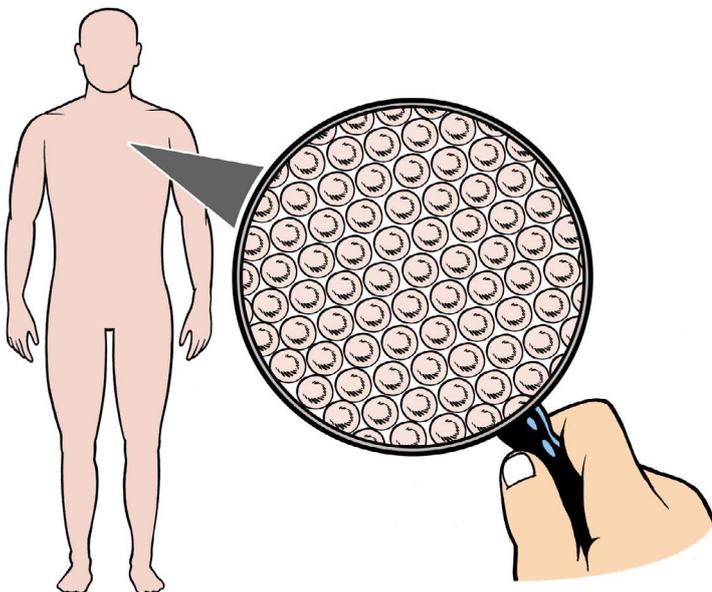
# Side effects of radiotherapy



**Side effects** are things that happen to your body because of your treatment. You may get side effects from **radiotherapy**.



**Radiotherapy** is when powerful x-rays are used to treat cancer in your body. It kills off the cancer **cells**.

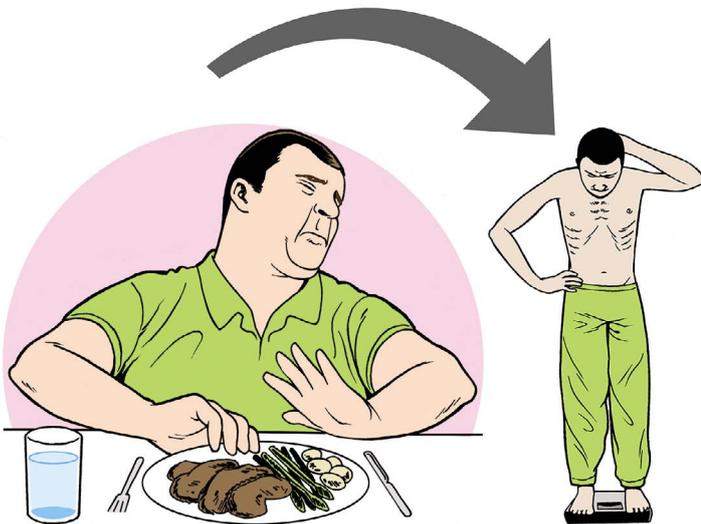


**Cells** are the tiny building blocks that make up people's bodies.

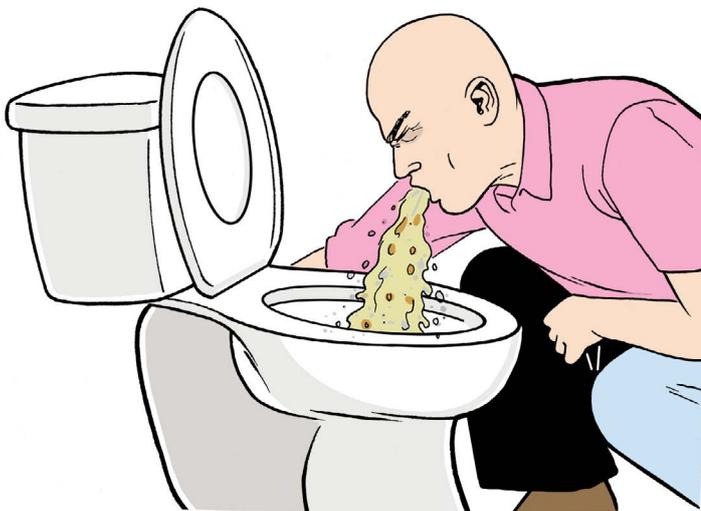


These are the side effects you may get from radiotherapy:

- You may feel very tired.



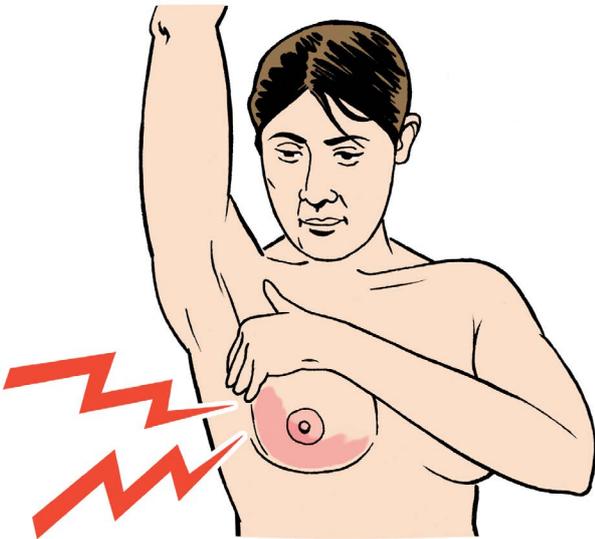
- You may **lose your appetite**. This is where you do not feel as hungry as you used to and you may lose weight.



- You may feel sick. You may also be sick.



- You may have **diarrhoea**. This is where your poo is watery and runny and you have to go more than usual.



- The skin where you had the treatment may get red, itchy and sore.



- Your mouth can feel dry and you may find it hard to swallow.



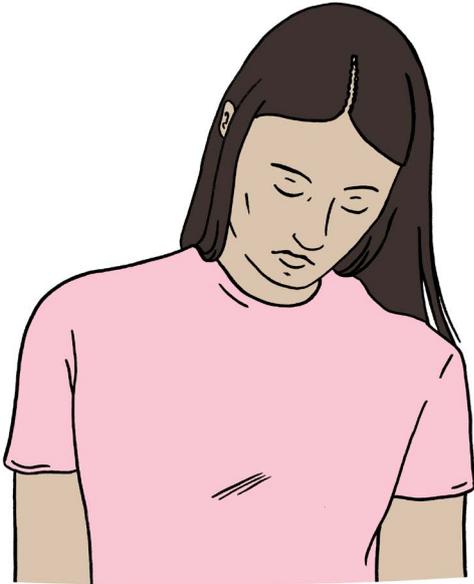
- Your body can feel stiff and sore when you try to move.



- Your hair may fall out on the part of your body that was treated.



- You could feel different – sad, **depressed**, **anxious** or worried.



Being **depressed** is where a person feels very sad and this sadness means day to day living is hard.



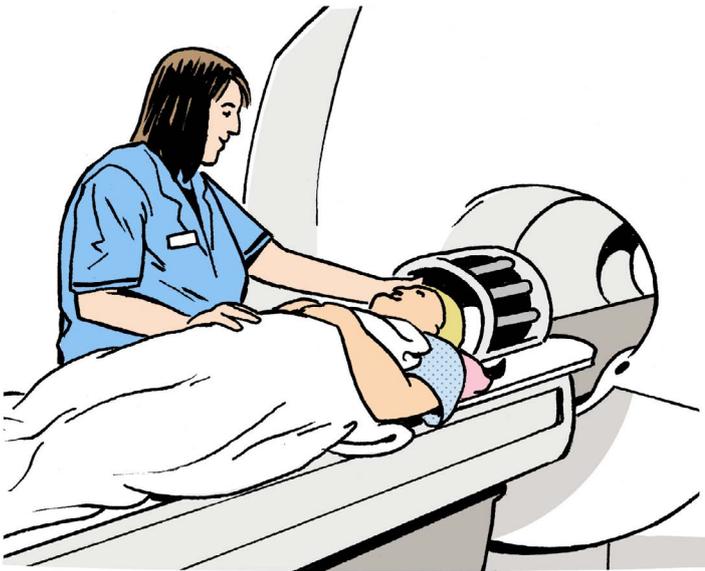
Being **anxious** is where a person feels very worried or nervous about something.



Remember not all of these side effects may happen to you.



It is important to talk to the **radiographer** looking after you about any side effects you have. They should be able to help.



A **radiographer** is a person who takes scans and x-rays of people's bodies. They can also give people radiotherapy treatment.



# How Macmillan can help you

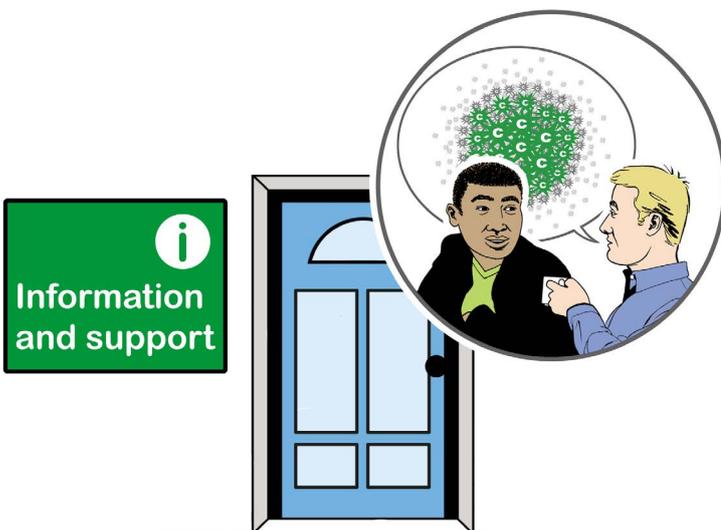


You can get support from:

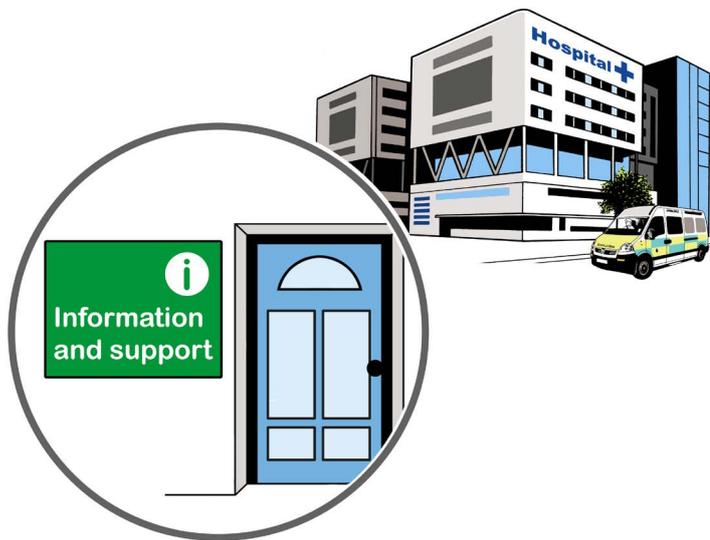
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit [macmillan.org.uk](http://macmillan.org.uk) for lots of information about cancer and living with cancer.



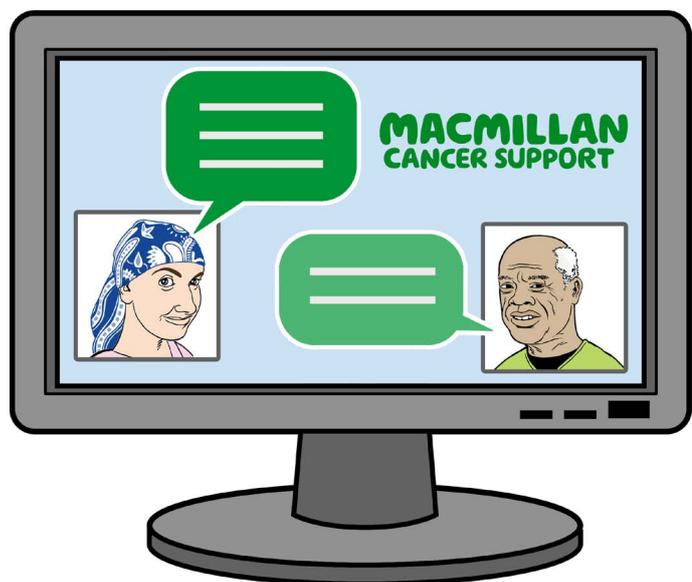
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.



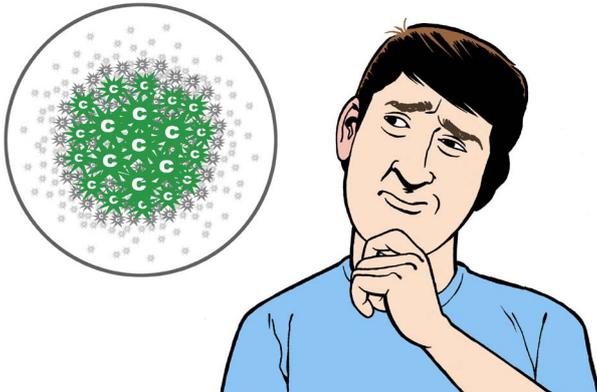
- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



# More easy read booklets



Order more easy read booklets from [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread)

There are booklets on lots of topics:

## About Macmillan

- How Macmillan Cancer Support can help you

## About cancer

- Lung cancer
- What is cancer?

## Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls [testicles]
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



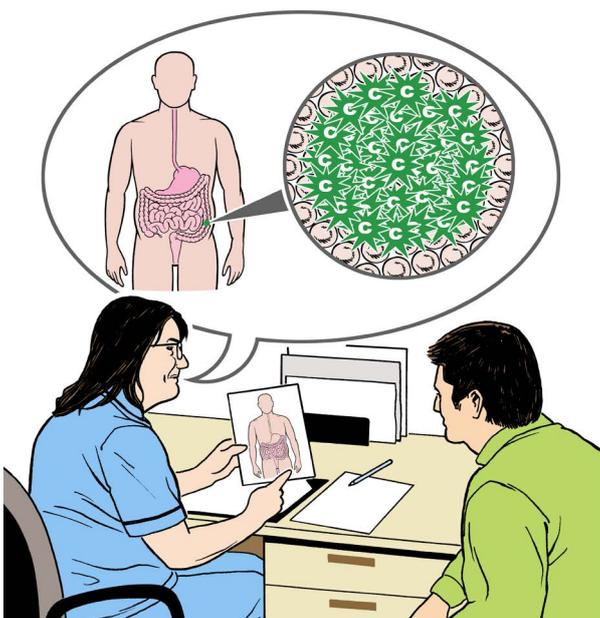
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safe sex
- Stop smoking



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



## Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread) or call us on **0808 808 00 00**

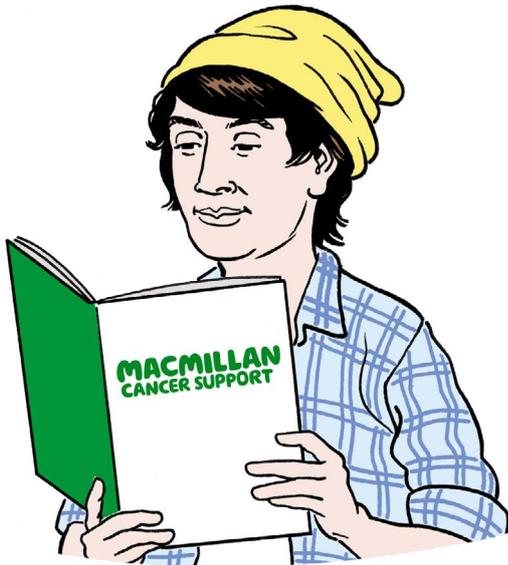


# More information and resources



## Macmillan website

There is lots of information about cancer at [macmillan.org.uk](http://macmillan.org.uk)



## Booklets about cancer

You can order booklets about cancer from [be.macmillan.org.uk](http://be.macmillan.org.uk)



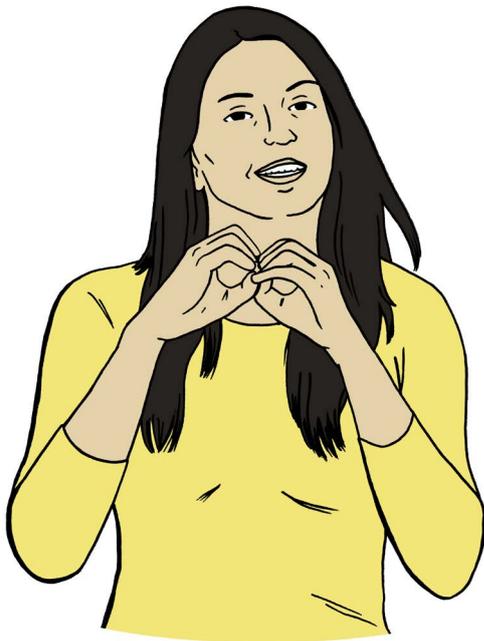
## Videos

You can watch videos about cancer at [macmillan.org.uk/videos](http://macmillan.org.uk/videos)



### Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



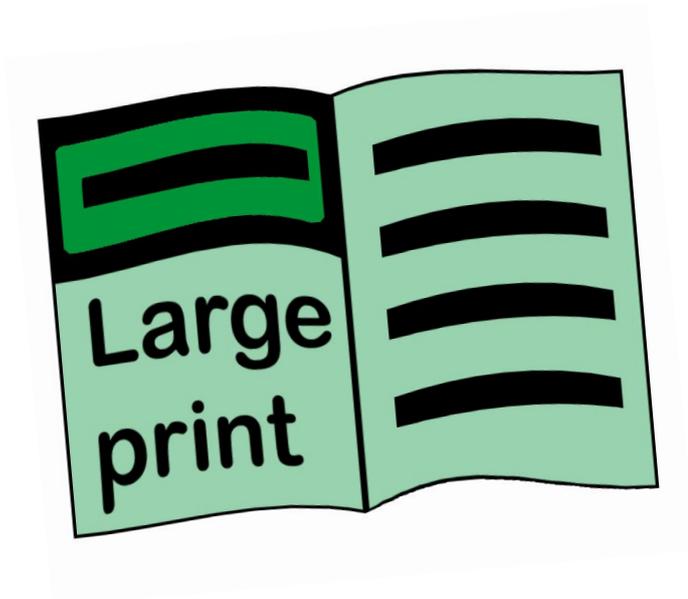
### British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



### eBooks

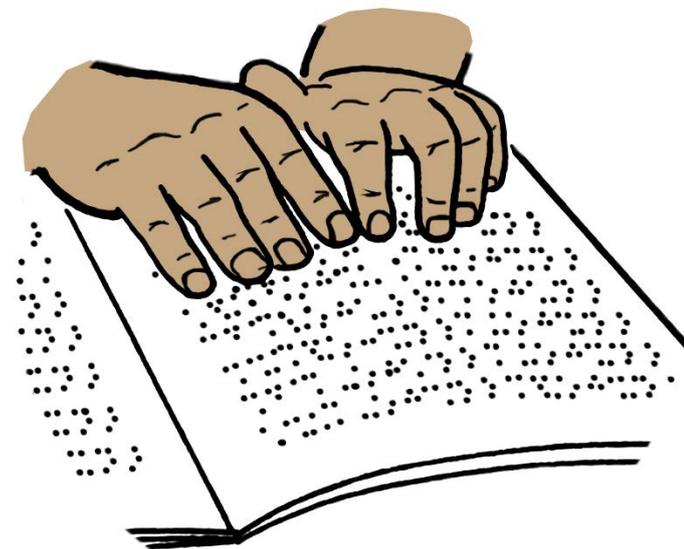
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



## Large print

Tell us if you need information in large print.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



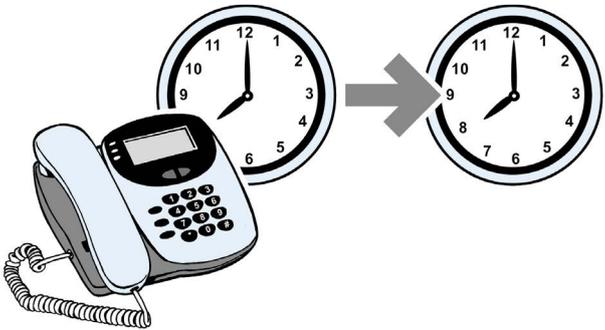
## Braille

Tell us if you need information in Braille.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

This booklet is about cancer.

It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:  
**0808 808 00 00**  
7 days a week from 8am to 8pm.



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling  
**18001 0808 808 00 00**



- Or go to the website  
**[macmillan.org.uk](http://macmillan.org.uk)**

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