

Side Effects - **Edema**

Edema, a condition in which fluid builds up in your body's tissues, may be caused by some types of chemotherapy, certain cancers and conditions not related to cancer.

Signs of edema may include:

- swelling in your feet, ankles and legs
- swelling in your hands and arms
- swelling in your face or abdomen
- skin that is puffy, shiny or looks slightly dented after being pressed
- shortness of breath, a cough or irregular heartbeat

Steps you can take to prevent or lessen edema-related swelling include:

- **Get comfortable.** Wear loose clothing and shoes that are not too tight. When you sit, or lie down, raise your feet with a stool or pillows. Avoid crossing your legs when you sit. Wear special stockings, sleeves or gloves that help with circulation.
- **Exercise.** Moving the part of your body with edema can help. Your provider may give you specific exercises, including walking, to improve circulation. However, you may be advised not to stand or walk too much at one time.
- **Limit salt (sodium) in your diet.** Avoid foods such as chips, bacon, ham and canned soup. Check food labels for the sodium content. Don't add salt or soy sauce to your food.
- **Take your medicine.** If your provider prescribes a medicine called a diuretic, take it exactly as instructed. The medicine will help move the extra fluid and salt out of your body.

Call your provider or nurse if you feel short of breath, have a heartbeat that seems different or is not regular, have sudden swelling or swelling that is getting worse or is moving up your arms or legs, you gain weight quickly or you don't urinate at all or urinate only a little.

Talk with your health care team

- Tell your health care team if you notice swelling.
 - Are my medications or treatment likely to increase my risk of developing edema?
 - Are there steps I can take to prevent edema?
 - What symptoms or problems should I call you about?
 - What steps can I take to feel better if I notice swelling?
 - Are there foods, drinks or activities I should avoid?
 - Can I speak to a registered dietitian to learn more about foods and drinks that are best?
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