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Anemia

Condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues. Having anemia, also referred to as low hemoglobin, can make you feel tired and weak (Mayo Clinic, 2022).

Bleeding and Bruising

Bleeding and bruising are commonly due to a low platelet count, a condition also referred to as thrombocytopenia. Platelets are necessary for blood clotting. With low levels of platelets, patients may experience increased bleeding and bruising as a result of cancer-related treatments (Virginia Cancer Institute, 2022).

Bone Loss

Exposure to cancer-related treatments (e.g. chemotherapy, radiation) may increase patient's risk of bone loss and fractures, also known as osteoporosis (American Society of Clinical Oncology [ASCO], 2019)

Cancer Recurrence

Cancer recurrence occurs when the original cancer cells were not completely treated or destroyed by the first treatment. Cancer that comes back does not indicate that the treatment went wrong but that some cancer cells survived the treatment. There are various types of recurrent cancer depending on how the cancer cells regenerate after the treatment (National Cancer Institute [NIH], 2020).

Constipation

A result of cancer-related treatments, an individual may experience infrequent bowel movements and stool may be hard, dry, and difficult to pass. This may lead to stomach cramps, bloating, and nausea (National Cancer Institute [NIH], 2021).

Diabetes

Diabetes is a chronic health condition that is characterized by how the body uses food as energy.

- Type I: This type of diabetes is an autoimmune reaction where the body does not make enough insulin.
- Type II: This type of diabetes is related to the insufficient use of insulin in the body and the irregular levels of blood sugar. (Centers for Disease Control and Prevention [CDC], 2021).

Diarrhea

Loose, watery stools three or more times a day due to one of the following: Cancer, cancer treatments, and infection (Mayo Clinic, 2020)

Dry Mouth

Cancer-related treatments, such as chemotherapy and radiation, may lead to dry mouth due to the reduction of cell growth in the mouth, damage to salivary glands, and disruption in the balance of healthy bacteria in the mouth (Cancer Treatment Centers of America, 2022)

Eye Problems

Cancer-related treatment may lead to the damage of the cells around or in the eye, such as the retina and the optic nerve (MD Anderson Cancer Center, 2021).

Fatigue

Cancer-related fatigue is characterized by the feeling of being tired, lacking energy, and overall being exhausted, lasting over a period of time. This fatigue is related to an individual's cancer diagnosis and related treatments and procedures. Fatigue may result from low blood counts or electrolytes levels, infections, hormonal changes, emotional stress, and worry (American Cancer Society, 2020)

Hair Loss

Chemotherapy, targeted therapy, stem cell transplant, and radiation therapy treatments may lead to hair on the head and over the body. Hair loss is not permanent, but regrowth can be slow following treatments (National Cancer Institute [NIH], 2020)

Heart Issues

Cancer-related treatments may lead to patients experiencing heart issues (ASCO, 2018)



Mommy's Dream



Physical Side Effects of Cancer Fact Sheet

Hearing Loss

Hearing loss may be the result of undergoing some types of chemotherapy and immune targeted therapies. Although it is not a common side effect of cancer- related treatments, hearing loss may be experienced by some (Canadian Cancer Society, 2022).

Incontinence

Loss of control of a person's bowels or bladder which can cause accidental leakage of body fluids and waste (Mayo Clinic, 2021)

Infection

An infection is the invasion and growth of germs in the body, such as bacteria, viruses, yeast, or other fungi. An infection can begin anywhere in the body (National Cancer Institute [NIH], 2020)

Infertility

Cancer-related treatments may harm male and female reproductive organs and glands in charge of fertility (National Cancer Institute [NIH], 2020).

Learning and Memory Problems

Cancer-related cognitive impairments or dysfunctions, also known as “chemo brain”, may occur during or after treatments due to toxins introduced during chemotherapy (Mayo Clinic, 2022).

Loss of Appetite

Depending on where the cancer is in the body, food intake and absorption might become obstructed due to the presents of a tumor. Cancer may also affect an individual's hormones that regulate appetite and hunger. Cancer-related treatments may also result in changes in appetite.

Lung Issues

Lung problems may develop as a side effect of cancer-related treatment, such as chemotherapy, radiation, and surgery (Canadian Cancer Society, 2022).

"WE KNOW THIS IS NOTHING SHORT OF EASY, BUT WITH THE STRENGTH OF OUR COMMUNITY, WE CAN GET THROUGH THIS TOGETHER."

Lymphedema

As a result of cancer or cancer-related treatments, individuals may experience a build-up of lymph fluids in the body may occur. Swelling typically occurs in the arms and legs (Centers for Disease Control and Prevention [CDC], 2021).

Nausea and Vomiting

Most patients experience nausea and vomiting as a side effect of cancer- related treatments, such as chemotherapy and radiation. Nausea is associated with the unpleasant feeling in the throat and/or stomach. Vomiting is the act of throwing up (National Cancer Institute [NIH], 2020).

Pain

Cancer pain can be associated with various factors, type of cancer, stage, pain tolerance, and other health conditions. Pain may be due to cancer itself and the location of tumors. Cancer pain can also be related to treatments and surgical procedures (American Cancer Society, 2019).

Peripheral Neuropathy

A set of symptoms related to nerve damage following cancer or related treatments causing irregular sensations throughout the body (American Cancer Society, 2019).

Sexual Dysfunction

Cancer- related treatments can cause nerve and hormonal changes resulting in sexual dysfunction displayed through a variety of symptoms between both men and women (Mayo Clinic, 2022).

Skin Problems

Cancer and related treatment may cause changes to the skin. Symptoms include; dryness, itchiness, rashes, changes in color, pressure sores, wounds and potential scares (American Cancer Society, 2022).

Sleeping Problems

Cancer and related treatments may lead sleep disorders among patients. Sleep disorders, such as insomnia and abnormal sleep- wake cycles, is common among cancer patients (National Cancer Institute [NIH], 2021).

Our Mission

Mommy's Dream is a non-profit organization seeking to assist cancer patients in Billings, Montana, and surrounding communities. This organization aims to support cancer patients through community and financial resources. Mommy's Dream aspires to reduce all emotional, physical, and financial burdens cancer patients and their families face. Mommy's Dreams relies solely on the generous donations and funds raised from fundraising events to support this mission.

