

# Do's and don'ts

## While undergoing Radiation Therapy

### Do's :



Drink enough water daily

Do physical activities like exercise, brisk walking



Practice yoga & breathing exercises as suggested by yoga therapist



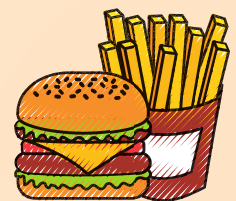
### Don'ts :

Don't miss any radiation therapy session



Don't use cosmetics or ornaments like chain on the radiated skin

Don't consume sea food, fried or chilli based food products

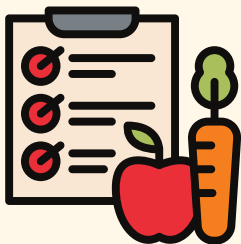


## Do's :



Keep your mouth clean

Visit the dentist for fluoride therapy, cleaning & management of sharp tooth



Visit your dietician regularly & follow a balanced nutritional plan

Inform your doctor about any persistent pain



Continue with the exercises given by Speech & swallow specialist or physiotherapist



## Don'ts :

Don't eat outside



Don't consume alcohol

Don't smoke or chew tobacco



Don't consume excessive caffeine products like tea, coffee



Don't hide medical history or medicines that you are taking



## Do's :



Interact with your family & friends without hesitation

Follow up with your dentist, surgeon, rehabilitation team or physicians



Inform your speech swallow specialist about swallowing issues

Eat well cooked food



Follow your hobby (reading, listening to music or drawing)

## Don'ts :

Don't resort internet for information



Don't stay isolated or aloof

Don't overburden yourself with work



Don't be anxious about surrounding environment



Don't ignore any kind of symptamtic pain or uneasiness



## Do's :



Note down the issues and questions that you may want to ask

Protect your skin in the radiated area from direct exposure to sun or dust



Monitor your body weight

Set-up a routine for day to day activities



Seek help if you feel demotivated or anxious

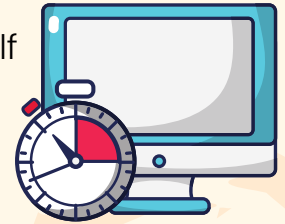
## Don'ts :

Don't hesitate to ask questions regarding treatment



Don't fear the treatment procedure

Don't stress yourself with excessive screen time



Don't miss follow up with any member of healthcare team

Don't eat excessive sweets or sugar products

