

CHEMOTHERAPY, IMMUNOTHERAPY, TARGETED THERAPY - UNDERSTANDING YOUR OPTIONS.

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Table of Contents

03

Understanding Your Options

04

About Chemotherapy

06

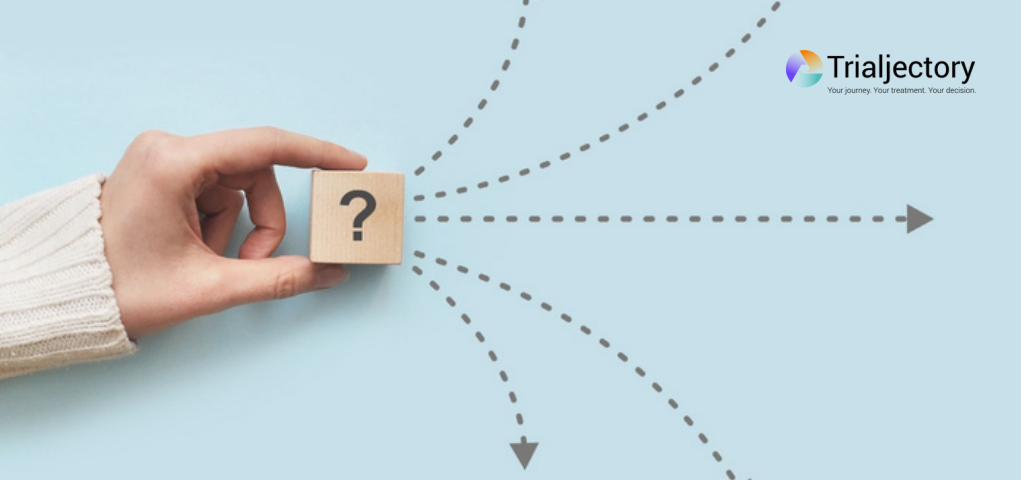
About Immunotherapy

08

About Targeted Therapy

10

Take an Active Role in Your
Treatment Decisions



Understanding Your Options

Hearing the words "you have cancer" is a life-changing moment that can leave you feeling fearful and overwhelmed.

Immediately following a cancer diagnosis, you and your doctor need to decide on which therapy option is right for you based on cancer type, stage and your medical background. The good news, is that now more than ever, cancer patients have access to new treatments, beyond the standard of care, that offer fewer side effects and may help patients live longer. However, with more treatment choices comes greater confusion.

Making the right treatment decision can be challenging if you don't understand your options. That's why we created this ebook.

The following pages include detailed information about three types of cancer treatment: Chemotherapy, Immunotherapy and Targeted Therapy. With this background, you can work in partnership with your doctor to decide on your best treatment pathway.



Chemotherapy

Cancer cells grow at a very high rate of speed. Chemotherapy attacks these cancer cells and any other rapidly multiplying cells in the body. Since this treatment targets both good and bad cells it causes significant tissue damage and inflammation resulting in multiple side effects for the patient. Despite the side effects, **Chemotherapy** is effective and therefore widely used to treat cancer.

Chemotherapy Delivery

Handling Chemotherapy can be hazardous, so the person administering the treatment needs to wear protective equipment such as gloves, gowns, face shields or goggles. Chemotherapy can be delivered as an injection directly into your vein (as a shot or infusion) or underneath your skin. It can also be taken as a pill or applied topically to the skin as a cream. Your doctor will decide which form of Chemotherapy is the best based on your cancer type and stage.

Benefits and most common uses

Chemotherapy is not only a primary cancer treatment option, it's also frequently used to - kill any remaining malignant cells, or to help shrink a tumor before radiation or surgery and to relieve cancer symptoms. It can also be used to prepare your body for a bone marrow transplant or to control an overactive immune system.

Common side effects

Some of the common side effects of chemotherapy are:

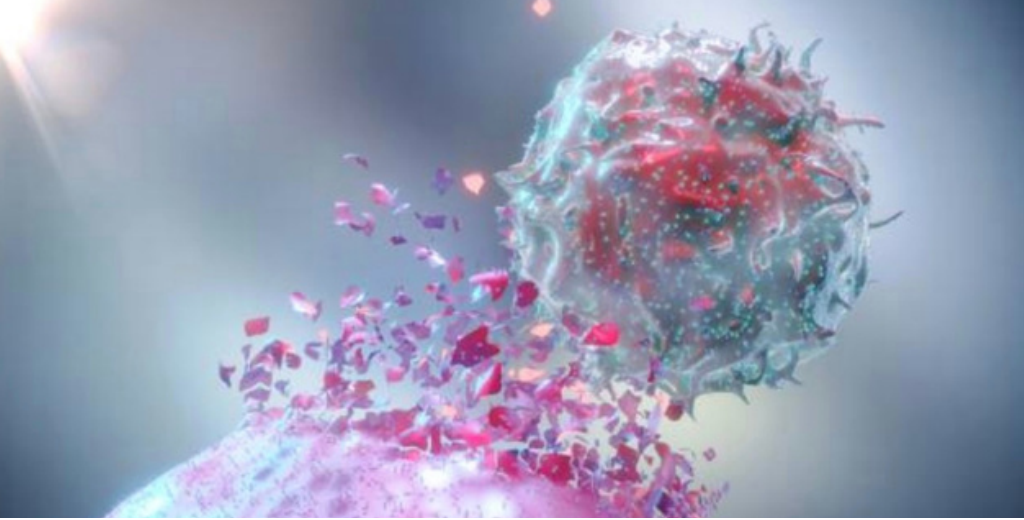
- Nausea and/or vomiting
- Hair loss or skin changes
- Loss of appetite and metallic taste
- Fatigue, difficulty sleeping, depression, or anxiety
- Loss of libido
- Numbness or tingling in hands and feet
- Diarrhea or constipation
- Fever
- Mouth sores
- Pain
- Easy bruising and bleeding.

Side effects can be managed and even prevented and most disappear when treatment ends. Some side effects can occur months or even years after chemotherapy, such as lung or nerve damage, heart and kidney issues, infertility or the risk of developing another cancer. Ask your medical team to provide recommendations for ways to address these issues.

Whether you choose chemotherapy or one of the other options, always inform your medical team as soon as you experience any discomfort. Some side effects can be more dangerous than others and need medical assistance, while others can be alleviated so that you can feel more comfortable.

'Worth Noting' about chemotherapy

Chemotherapy regimens differ greatly. You and your doctor will discuss treatment delivery method, frequency, duration, based on your clinical background. This would be the perfect opportunity to ask your oncologist what to expect as you begin your treatment journey.



Immunotherapy

Immunotherapy works with your body's immune system. This treatment can either increase or adjust your immune system so it can find and attack cancer cells. There are different types of immunotherapy and your doctor will choose the one that would best suit your needs.

Immunotherapy Delivery

Immunotherapy medications can be given as an injection under the skin, into a vein or a muscle or you can take by mouth in a pill form.

Benefits and most common uses

Immunotherapy may work when other treatments have failed or it can be used to help other cancer treatments work better. It is known to have fewer side effects than other treatments and it may reduce cancer recurrence.

Common side effects

Depending on the type of immunotherapy and other factors such as cancer type and location, side effects could include:

- Skin redness, dryness, or blistering
- Cracking fingertips
- Sun sensitivity
- Fatigue, dizziness
- Difficulty breathing, cough
- Fever and chills
- Nausea and/or vomiting, diarrhea
- Pain, headaches
- Problems with blood pressure
- Retaining fluid
- Hormonal changes

'Worth Noting' about immunotherapy

Immunotherapy is still relatively new therefore experts recommend treating just like chemotherapy - as potentially hazardous. If you are taking oral (pills) or topical (cream) immunotherapy at home, you must be diligent not to let your family members or other visitors have contact with the drugs. Your medical team will advise you if you need to wear gloves when touching the medication and what to do if there is any spillage at home.



Targeted Therapy

Targeted therapy is a very precise treatment, using substances that attack only a certain type of cancer cells. It can be used on its own or in combination with other treatments.

Targeted therapy delivery

Targeted therapy can be delivered by injection into your vein as a push (over a few minutes) or as an infusion (slowly, over several minutes to a few hours). It can also be administered orally as a pill, capsule or liquid.

Benefits and most common uses

Targeted therapy is a result of decades of cancer research. Scientists have found that certain types of cancer communicate through proteins or enzymes that activate them to replicate faster than a normal cell would. The experts developed targeted therapy to intercept this communication - it can block the signal for a cancer cell to grow, or even trigger the cell to destroy itself.

What is the greatest advantage of targeted therapy? Unlike chemotherapy which destroys cancer cells as well as normal, healthy ones, targeted therapy affects only cancer cells without damaging other tissues.

Another difference is that chemo- and immunotherapy kill existing cancer cells, while the targeted approach can prevent new cancer cells from developing.

Common side effects

Thanks to its precise approach, targeted therapy can have fewer side effects. Although, this is not always the case. Your medical team can give you more precise information on what you could expect with their drug prescription. Some observed side effects include:

- Skin issues such as rash, redness, swelling, dryness, itching, sensitivity to sun exposure, sore nails
- Pain, sensitivity and tingling in hands and feet
- Hair issues - your hair may become dry, thin and could break easily causing partial or complete hair loss
- Changes in skin or hair color
- Eye sensitivity - redness, swelling, dryness
- High blood pressure
- Bleeding, bruising, or blood clotting issues
- Heart issues
- Autoimmune reactions in different organs (liver, lungs, intestines, skin, etc.)
- Slow wound healing
- Some chemo-like side effects can also occur (nausea, vomiting, diarrhea or constipation, mouth sores, fatigue, etc.).

Worth Nothing about targeted therapy

When it comes to precautionary measures, recommendations are similar to immunotherapy ones. Until we gain more data, you should treat these drugs as hazardous. If you use targeted therapy by mouth, make sure your friends and family do not handle the medication without protection.

Take an Active Role in Your Treatment Decisions

This ebook can be a helpful reference when it's time to discuss cancer treatment options.

While chemotherapy, immunotherapy and targeted therapy are common types of cancer treatments, there are also innovative, cutting-edge treatment options, beyond the standard of care that are delivering positive patient outcomes. Some of these options are still in the research phase creating unique opportunities for patients to new alternative treatment.

Trialjectory clinically matches cancer patients to advanced treatment options in less than 5-minutes. A personalized list of matched trials is shared via email in an easy-understand format that can be reviewed with your treating physician as part of your treatment planning.

Trialjectory can also connect you to a community of patients who are facing challenges just like yours. Don't be afraid to reach out, ask for advice and become empowered in your therapeutic decision-making process.

[Join the Trialjectory community today](#) to own your cancer journey.



As you navigate through this challenging time, remember that you always have options. By preparing yourself with the right information, you will feel empowered to make the best possible choice for your cancer treatment plan, and win the fight against cancer!

TrialJectory is here to help. We are dedicated to helping patients match with the best possible clinical trial for them.

You can try our tool for FREE today by clicking this [link](#).