



FACTSHEET

a programme of
 irish cancer society

information on **drug therapy**

CMF Chemotherapy

This factsheet has been written to help you understand more about the combination chemotherapy CMF. It explains how CMF chemotherapy works, how it is given and what side effects may occur. Chemotherapy is a treatment that uses drugs to cure or control cancer cells. CMF chemotherapy is one way to treat breast cancer. You will find it useful to read this factsheet along with the **Understanding Chemotherapy** booklet. This booklet will give you general information on chemotherapy. We hope that the booklet together with this factsheet will help answer questions you may have about your chemotherapy treatment

WHAT IS CMF CHEMOTHERAPY?

CMF is a combination of three chemotherapy drugs:

- Cyclophosphamide
- Methotrexate
- 5 fluorouracil (also known as 5FU).

This combination (CMF) takes its name from the initials of the drugs.

HOW DOES CMF CHEMOTHERAPY WORK?

All cells grow and divide in a normal way. Cancer cells grow in an abnormal and uncontrolled way. Chemotherapy destroys cancer cells by interfering with how a cancer cell divides and grows. Chemotherapy drugs work in different ways and at different stages of the cell growth. That is why a combination of drugs is often used. Chemotherapy drugs are carried in the bloodstream, so they can reach cancer cells all over the body.

WHO IS OFFERED CMF CHEMOTHERAPY?

CMF chemotherapy is used to treat people with primary breast cancer (breast cancer that has not spread to other parts of the body). It may be given before or after your surgery. You will usually be offered chemotherapy if cancer cells have been found in the lymph nodes (glands) under the arm. Even if there is no spread to the lymph nodes, chemotherapy may be offered. Your oncologist (chemotherapy doctor) will decide on what treatment to give you, this will



depend on the type and stage of your breast cancer. Chemotherapy may also be used to treat women with secondary breast cancer (breast cancer that has spread to another part of the body). In this case it may be prescribed either alone or together with other types of treatments.

HOW OFTEN IS IT GIVEN?

CMF chemotherapy is usually given as a number of treatments. There is usually a break of 21 days (3 weeks) between each course of treatment. This gives your body time to recover from side effects that might occur. The dose of chemotherapy will be carefully chosen for you, taking into account your weight and height. You will normally be given your chemotherapy as an outpatient so will be able to go home after each treatment.

There are different ways of giving CMF. Your specialist will decide how your chemotherapy will be given and explain it to you. In some cases chemotherapy times can vary, for example if you are taking part in a clinical trial or if you become unwell after a treatment and take a longer time to recover from side effects.

HOW OFTEN IS IT GIVEN?

With CMF chemotherapy, both drugs are given directly into a vein (intravenously). A small plastic tube called a cannula is first put into a vein either in your arm or hand and then the chemotherapy drugs are put through the cannula using a syringe or through an infusion

(a drip) and from there they will enter your bloodstream. Sometimes different tubes or devices are used instead of a cannula. Examples of these include a PICC line or a portocath and these usually stay in place during the course of the chemotherapy treatment, see the **Understanding Chemotherapy** booklet for more details.

WHAT ARE THE SIDE EFFECTS?

Like any treatment, CMF chemotherapy can cause side effects. Everyone reacts differently to drugs and some people have more side effects than others. These side effects can usually be controlled, but if you are concerned, talk to your chemotherapy nurse or oncologist.

COMMON SIDE EFFECTS

Immediate effects

If you develop pain or redness around the injection site while the drugs are being given let your nurse know immediately as you may need a new cannula.
Risk of infection
 Chemotherapy drugs can lower the number of white blood cells in our body. White blood cells fight against infection and when these are low in number this can make you prone to infection. Your blood count will be taken before each treatment to check the levels of these cells.

If you develop a high temperature, fever or a sore throat you should contact the

chemotherapy unit or your doctor and let them know. Avoid close contact with people who have colds or other infections, such as chickenpox, shingles or measles. Wash your hands often during the day, especially before you eat and after going to the toilet. Talk to your chemotherapy nurse if you have any concerns.

Hair thinning

Thinning of the hair usually happens gradually and begins within two to three weeks of having your first treatment. Occasionally it may be much more sudden. Remember that hair thinning is temporary and your hair will grow back after treatment has finished.

Tiredness (fatigue)

You may become very tired (fatigued) during your treatment. Also, you may have general feeling of weakness. These are common effects of chemotherapy and may last for many months after your treatment is finished. It is important to allow plenty of time to rest. Gentle exercise such as walking can also be helpful. The tiredness will ease off gradually once the chemotherapy has ended.

You may also find that the treatment affects your ability to concentrate or think clearly. This is sometimes referred to as 'chemo brain' and it can be frustrating. If you would like further information contact the National Breast Cancer Helpline on freefone 1800 30 90 40 and ask for the booklet on **Understanding Fatigue**.



Fertility

If you are still having periods you may find they become irregular or stop temporarily.

Others may find that they stop completely. It is advised not to become pregnant or to father a child while on chemotherapy because the drugs may harm the unborn baby. It is important to use a good barrier contraceptive during treatment and for several months after the treatment has finished.

Chemotherapy may affect your ability to have children in the future so it is very important that you talk to your oncologist before treatment begins.

Nausea and vomiting

Some chemotherapy drugs may make you feel sick (nausea) or be sick (vomit). You will be given medications to help prevent this from happening. If you still experience problems with sickness tell your nurse or doctor as they will be able to prescribe different medications that should help.

Complimentary therapies such as relaxation therapy, hypnosis or aromatherapy may also help. Call the National Breast Cancer Helpline on freefone 1800 30 90 40 for a free copy of the booklet **Understanding Cancer and Complimentary Therapies**.

Sore mouth

Some people find that their mouth is sore and small ulcers develop. Your specialist or chemotherapy nurse will advise you on suitable mouthwashes. Take care when brushing your teeth and use a soft toothbrush. If you already have a dental problem such as cavities or gum

disease, it is important to visit your dentist before your treatment starts. You may also notice that foods taste different while on chemotherapy, this will come back but may take some time once the treatment is finished.

Sore eyes and runny nose

The drug 5FU can cause sore, gritty eyes and a runny nose. Sometimes eye drops can be prescribed to relieve the soreness. Talk to your chemotherapy nurse for more advice.

Diarrhoea

Chemotherapy drugs can affect the lining of your gut and can cause diarrhoea for a few days. You may also have cramping and/or tummy pain. If this occurs try and drink lots of clear fluids to replace the fluid you are losing. You must also tell your doctor or nurse if you have diarrhoea for more than 24 hours. There are medicines that can stop this side-effect of treatment.

Bladder irritation

It is important to drink plenty of water when having your treatment as chemotherapy drugs can irritate the lining of the bladder. If you have pain or burning when going to the toilet let your chemotherapy nurse know.

Heart changes

Very rarely, the chemotherapy drugs can affect the muscles of the heart. You may need tests to check how your heart is working before the treatment starts. In some cases the drugs may be given in smaller doses if you have a heart condition, your oncologist will be able to advise you more on this.

WHAT SHALL I DO IF I HAVE ANY CONCERNS?

If you are troubled by side effects, you may find it more difficult to cope with your everyday work, home and family routines. If you are having any problems while on chemotherapy it is important to discuss your concerns with your specialist doctor or breast care nurse. You might find it easier to share your feelings with someone who has had a similar experience to you, Reach to Recovery is a programme set up to help and support women who have recently had a breast cancer diagnosis. The programme works on the principle of personal contact between a patient and a Reach to Recovery volunteer- a woman who has had treatment for breast cancer. Carefully selected and fully trained volunteers are available to provide advice and reassurance at a time when a woman is most in need of both. For more information on individual support or support groups in your area, call the National Breast cancer Freefone Helpline on 800 30 90 40.

HELP FROM ACTION BREAST CANCER

Action Breast Cancer, a programme of the Irish Cancer Society, provides breast cancer information and support and funds breast cancer research. Our services are free, confidential and accessible.



ORGANISATIONS

Action Breast Cancer

43/45 Northumberland Road
Dublin 4
Freefone Helpline: 1800 30 90 40
Email: abc@irishcancer.ie

Irish Cancer Society

43/45 Northumberland Road
Dublin 4
Freefone Helpline: 1800 200 700
Email: helpline@irishcancer.ie

Reach to Recovery

43/45 Northumberland Road
Dublin 4
Freefone Helpline: 1800 30 90 40

Voluntary Health Insurance

VHI House, Lower Abbey Street
Dublin 1
Callsave: 1850 44 44 44
Email: info@vhi.ie
Website: www.vhi.ie

Quinn healthcare

Mill Island
Fermoy
Co. Cork
Locall: 1890 70 08 90
Email:
info@quinn-healthcare.com
Website:
www.quinn-healthcare.com

Hibernian Health

PO Box 764
Freepost
Togher
Co. Cork
Phone: 1850 71 66 66
Email: support@hibernianhealthinsurance.ie
Website: www.hibernian.ie

USEFUL WEBSITES

Irish Cancer Society

www.cancer.ie

Breast Cancer Care UK

www.breastcancercare.org.uk

Cancer Backup

www.cancerbackup.org.uk

Breastcancer.org

www.cancer.org

The Susan G. Komen Foundation

www.komen.org

Europa Donna

www.europadonnaireland.ie

Lymphodema Ireland

www.lymphireland.com

Manual Lymph Drainage Ireland

www.mldireland.com

ABC – ACTION BREAST CANCER

Action Breast Cancer, a programme of the Irish Cancer Society, is the leading provider of breast cancer information and support in Ireland. Each year we reach over 25,000 women who are concerned about breast cancer or breast health. Our services are free and include:

- **National Breast Cancer Helpline** 1800 30 90 40 – staffed by specialist cancer nurses.
- **Patient care programmes** – providing emotional support and practical assistance for those living with breast cancer.
- **Health Promotion** – providing community and workplace programmes on breast awareness and leading a healthy lifestyle.
- **Advocacy** – providing a voice for those affected by breast cancer in Ireland.
- **Professional support** – complementing the services offered by those caring for breast cancer patients.
- **Research** – funding vital Irish research that will have a significant impact on the diagnosis and treatment of breast cancer.

ABC is funded entirely by donations from the public. If you would like to support our work or make a donation please contact us.

action
breast
cancer

a programme of
irish cancer society

Freefone Helpline

1800 30 90 40

First published by the Irish Cancer Society in November 2007.

© Irish Cancer Society, 2007

Updated July 2008 Review Date 2010

All rights reserved. No part of this publication may be reproduced or transmitted, in any form or by any means, electronic or mechanical, including photocopying, recording or any information storage and retrieval system, without permission in writing from the Irish Cancer Society.