

# Tips for Managing Shortness of Breath While on Chemotherapy

## Things you can do on your own



- Avoid over exertion
- Rest between activities as needed
- Avoid dust, fragrances, smoke, and pollution

## When to seek medical attention



- If you have shortness of breath even at rest
- Shortness of breath that is not relieved by rest or is worsening
- If you have associated chest pain
- If you have blue or pale looking skin, mouth, or nails
- If you have leg or arm swelling (with or without pain) in addition to shortness of breath
  - Leg or arm swelling can be a sign of a blood clot, which can potentially be associated with blood clot in the vessels of the lung (pulmonary embolism), resulting in shortness of breath. Risk of blood clots increase after surgery, especially with long periods of being in bed, as well as with certain medications.
- If you have known pre-existing deep venous thrombosis (DVT) or blood clot/clotting disorder
- If you have associated swelling of the face/neck/upper chest
- If you have fever  $\geq 38^{\circ}\text{C}$



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

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