

Swelling

(Fluid retention)



“My hands and feet were swollen and puffy. My nurse helped me understand why I had to stop eating salty foods.”

Call your doctor or nurse if you:

- **Feel short of breath**
- **Have a heartbeat that seems different or is not regular**
- **Have sudden swelling or swelling that is getting worse**
- **Gain weight quickly**
- **Don't urinate at all or urinate only a little**

What causes swelling?

Swelling can be caused by the chemotherapy. Some types of cancer or hormone changes can also cause swelling. So can other health problems.

Tell your doctor or nurse if you have these changes:

- Swelling in your face, hands, arms, legs, or feet
- Swelling or bloating in your stomach or lower belly

Take these steps to prevent swelling:

Get comfortable.

- Ask about special stockings.
- Wear loose clothing and shoes that are not too tight.

Raise your feet.

- Raise your feet when you can. Sit or lie down and put your feet up on a stool. Or raise them with pillows.
- Try not to stand or walk too much at one time.



Weigh yourself.

- Weigh yourself at the same time every day.
- Tell your doctor or nurse if you gain weight.



Questions to ask your doctor or nurse:

1. What problems should I call you about?
2. How much weight gain should I call you about?
3. What foods should I eat less of?
4. What can help me feel better?

Stay away from salt.

- Don't eat food such as chips, bacon, ham, or canned soups. These have a lot of salt (sodium) in them.
- Don't add salt or soy sauce to your food.
- Check the food label to see if the food has sodium in it. Ask your nurse how much salt or sodium you can have.



FREE SERVICES TO LEARN MORE

National Cancer Institute Cancer Information Service

Phone: 1-800-4-CANCER (1-800-422-6237)

TTY: 1-800-332-8615

Online: www.cancer.gov

Chat Online: www.cancer.gov/help



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