

e³ Breast Cancer Study

evaluating everolimus with endocrine therapy (s1207)

Can everolimus make hormone therapy more effective for patients with high-risk breast cancer?

Handling Potential Side Effects from Everolimus

Some possible side effects	What you or your study team can do
Lowered white blood cell count can mean increased risk of infection.	Let your doctor know immediately if you see signs of possible infection, such as cough, fever, or swelling, so it can be treated.
Lowered red blood cell count can lead to anemia, with fatigue or shortness of breath.	If side effect is severe, your doctor may lower your dose of the study drug.
Lowered blood platelet count can increase your risk of bruising or bleeding.	If side effect is severe, your doctor may lower your dose of the study drug.
Rise in cholesterol and/or triglyceride levels	Changes in diet and increased physical activity can help. If you already take drugs to control these levels, you may need to have your dose increased.
Rise in blood sugar levels	Let your doctor know if you start experiencing excessive thirst or need to urinate much more frequently. Changes in diet and increased physical activity may help.
Inflammation of the lining of the mouth (oral mucositis) can cause sores to develop and can be quite painful.	Early treatment is important. Tell your doctor at the first sign of mouth discomfort. Good oral hygiene can help reduce effects, as can rinsing with mouthwash (non-alcoholic) or salt-water several times a day. Avoid foods that can irritate the lining in your mouth, such as foods that are spicy, acidic, hot, or very crunchy.
Skin rash or acne, usually on the face, neck, and upper trunk	Tell your doctor, who may prescribe an acne cream or an antibiotic cream.
Diarrhea and/or nausea	Available drugs may provide relief, so tell your doctor.
Inflammation of the lungs (pneumonitis) is uncommon but potentially serious.	Let your doctor know if you develop respiratory symptoms such as cough or shortness of breath.
A rare but serious side effect is kidney failure.	Your study team will regularly monitor indicators of your kidney function.