

# Chemotherapy Patients Get Boost from the National Institutes of Health Statement on Pain, Depression and Fatigue

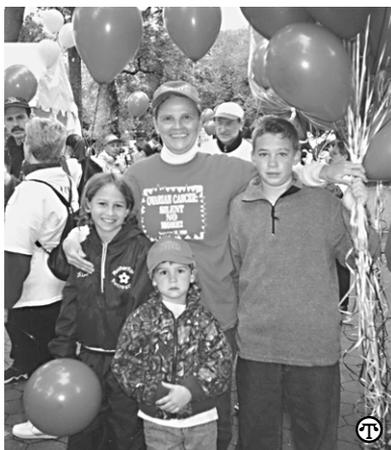
(NAPSA)—Scientific discoveries have transformed cancer from a usually fatal disease to a treatable illness for some people and a chronic condition for many more. As people live longer with cancer, it becomes important to know how to manage treatment side effects. Recently, the National Institutes of Health (NIH) issued a Statement on “Symptom Management In Cancer, Pain and Fatigue.” The statement was also published in the August 6th issue of the *Journal of the National Cancer Institute*. The statement emphasizes the importance of addressing treatment-related side effects to improve patients’ quality of life. Too often, doctors focus on treating the cancer itself, and many patients hesitate to speak up about their symptoms because they think they are just another aspect of their illness.

## Chemotherapy-Related Anemia Impacts Patients’ Lives

One side effect of cancer treatment is chemotherapy-related anemia, which devastates patients’ lives if not addressed. Anemia occurs when the body does not have enough red blood cells to carry an adequate supply of energy-producing oxygen to muscles and organs. It is a common side effect for cancer patients undergoing chemotherapy and can cause patients to feel tired, weak or dizzy. In fact, anemia affects 71 percent of chemotherapy patients. Unfortunately, many people are not aware that chemotherapy-related anemia is the most common cause of the debilitating fatigue experienced by cancer patients and, as a result, a manageable and treatable side effect of their therapy often goes untreated.

### Joan’s Story

Joan Sommer gave birth to her third child and was diagnosed with late stage ovarian cancer all in the same day. The surgeon performing her caesarean section dis-



**Cancer survivor Joan Sommer and her three children.**

covered a tumor, and within minutes, Joan underwent surgery to remove the cancer.

“The birth of my daughter was one of the most wonderful moments of my life—and at the same time it was a devastating and frightening experience filled with overwhelming conflicting emotion,” says Sommer.

During her first year of treatments, Sommer experienced debilitating fatigue. “I couldn’t function. My heart would pound just from getting up to go to the bathroom at night. I was so exhausted—I didn’t know how I was going to get dressed each day. Changing a diaper was out of the question,” explains Sommer.

When Joan spoke with her doctor about her symptoms, he told her that the fatigue might be caused by chemotherapy-related anemia—and mentioned that anemia is a treatable condition.

### Talk to Your Doctor

In its statement, the NIH cites Epoetin alfa as an effective therapy for treating chemotherapy-related anemia. PROCRIT® (Epoetin alfa) is a therapy frequently prescribed by doctors to treat chemotherapy-related anemia, the number one cause of

fatigue in cancer patients.

“Advancements in medicine make it possible for people with cancer to live longer, and now we must address the physical side effects that accompany advanced cancer treatments, including chemotherapy-related anemia. One of the most widely used treatments for chemotherapy-related anemia is PROCRIT—it helps patients to regain their energy quickly and effectively,” said Dr. David Cella, Professor of Psychiatry and Behavioral Sciences at Northwestern University.

“When I learned I had cancer, I was focused on destroying it as quickly as possible. I didn’t think about the toll the chemotherapy would take on my body while it was saving my life. Once my doctor prescribed PROCRIT, I began to feel better within weeks,” said Sommer. “I could resume the activities that I enjoyed, especially spending time with my family. I felt more hopeful with each thing I could accomplish.”

### About PROCRIT

PROCRIT is indicated for chemotherapy-related anemia in patients with most types of cancer.

PROCRIT is proven and safe. PROCRIT is available by prescription only and is injected by your doctor or nurse. In studies, diarrhea, edema, fever, vomiting, shortness of breath, tingling, and upper respiratory infection occurred more often with PROCRIT than placebo. Although high blood pressure has been noted rarely in cancer patients treated with PROCRIT, blood pressure should be monitored carefully, particularly in patients with a history of high blood pressure or heart disease.

For full U.S. Prescribing Information and additional information on PROCRIT and anemia, visit [www.procrit.com](http://www.procrit.com) or call 1-800-PROCRIT.