Cardiotoxicity Awareness
Cardiotoxicity can be ASYMPTOMATIC and can appear as a late effect of cancer treatment up to 15 years after treatment.

What is Cardiotoxicity
A negative side effect of cancer therapies that affect the heart.

Treatments that ↑ Risk
- Radiotherapy around the chest
- Certain chemotherapeutic agents (e.g., Daunomycin, Doxorubicin, Adriamycin)
  Note: Does above 250 mg/m² further increase risk

DID YOU KNOW?
Physical Activity is RECOMMENDED for patients undergoing cardiotoxic therapies.

DID YOU KNOW
The most common cardiotoxic condition is Congestive Heart Failure.

Physical Activity Recommendations
- Talk to your doctor prior to engaging in exercise
- Engage in weight training
- Engage in cardiovascular training
- Avoid holding your breath while exercising
- Consult a physician if you experience: dizziness, swollen ankles, heart palpitations, chest pain or abnormal shortness of breath

Refer to Ch 6 in the POEM Manual for addition information.