

CHEMOTHERAPY – PREVENTING NAUSEA AND/OR VOMITING,  
STIMULATING APPETITE – LOWERING 3-WEEK INFUSION OF  
DOCETAXEL/TAXOTERE TO WEEKLY INFUSION TO REDUCE SIDE  
EFFECTS – AND OTHER CONSIDERATIONS

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**DISCLAIMER:** Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to voluntarily help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. There is absolutely no charge for my mentoring – I provide this free service as one who has been there and hoping to make your journey one with better understanding and knowledge than was available to me when I was diagnosed so many years ago. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing your prostate cancer care.

Prior to administration of docetaxel/Taxotere, be sure your prescribing physician checks your white blood cell count to make sure yours are at sufficient levels for this medication. Check the internet regarding docetaxel/Taxotere and low white blood cell levels and take note of effects that can indicate your white blood cell count is dropping to unsafe levels.

From the National Cancer Institute (NCI):

“Chemotherapy and You: Support for People With Cancer:”

<http://www.cancer.gov/cancertopics/coping/chemotherapy-and-you>

“Eating Hints Before, During, and After Cancer Treatment:”

<http://www.cancer.gov/cancertopics/coping/eatinghints>

“Chemotherapy Side Effects Fact Sheets:”

<http://www.cancer.gov/cancertopics/coping/chemo-side-effects>

And More:

Nausea and vomiting prevention and appetite stimulating medications for patients undergoing chemotherapy (Very important to closely read the use of these medications and the side effects that can occur. Definitely requires close attention by both patient and physician when prescribed):

NAUSEA and VOMITING Prevention:

“Coping with Nausea and Vomiting from Chemotherapy” from *CANCERCARE* – An easy to read explanation of the causes of these side effects and what can be done about them:

See:

[http://www.cancercare.org/pdf/booklets/ccc\\_ nausea\\_and\\_vomiting.pdf](http://www.cancercare.org/pdf/booklets/ccc_ nausea_and_vomiting.pdf)

New drug Varubi/rolapitant approved by the FDA (2015) for chemotherapy-induced nausea and vomiting: <http://tinyurl.com/pulpxmm>

Cesamet (aka naboline) synthetic cannabinoid analogue

See:

[http://norml.org/index.cfm?Group\\_ID=6910](http://norml.org/index.cfm?Group_ID=6910)

Ondansetron (brand name Zofron)

See:

<http://www.medicinenet.com/ondansetron-oral/article.htm>

Palonosetron, also known as *Aloxi*

See:

<http://tinyurl.com/4zxszbp>

NAUSEA PREVENTION and STIMULATE APPETITIE:

Medicinal Applications of Delta-9-Tetrahydrocannabinol (THC) and Marijuana (The key here, is “use with caution.”)

<http://www.annals.org/cgi/content/full/126/10/791>

## SOME SUGGESTIONS FROM PATIENTS TO OVERCOME FEELING OF NAUSEA:

- Avoid mindset prior to chemotherapy that you will experience nausea.
- There are medications that can be prescribed prior to chemotherapy to help against nausea, but altogether different types of medication prescribed for after chemotherapy to help against nausea. Your physician should know which to prescribe.
- Chew on pieces of Ginger Root as preventative.
- Chew on ice chips during chemotherapy.
- Relaxing with deep inhaling through nose, release through mouth.
- Humming when experiencing a feeling of nausea.
- Wristbands available at Drug Stores sold for seasickness with a small plastic ball that is worn to press against the inner arm two finger widths above the wrist.
- Acupuncture.
- Hypnosis.

Patients experiencing uncomfortable side effects from docetaxel/Taxotere administered every three weeks rather than weekly may want to discuss the following with their physician to reduce those effects:

From: <http://theoncologist.alphamedpress.org/cgi/content/full/9/5/538>

“Weekly dosing of docetaxel has been investigated in an effort to reduce toxicity and has been identified as a safe and effective regimen in clinical trials. Weekly docetaxel is generally administered at doses ranging from 30–40 mg/m<sup>2</sup>/week for 6 of 8 weeks or for 3 of 4 weeks. With weekly dosing, though efficacy is comparable, myelosuppression is substantially less, and the overall tolerability profile is better than with every-3-week dosing. Fatigue is a common toxicity associated with weekly docetaxel; other adverse effects that are seen in a minority of patients include hyperlacrimation, nail toxicity, and alopecia. These side effects are dose related and can generally be managed through dose reductions or alterations in the weekly schedule. Because of the favorable tolerability profile, weekly docetaxel is under investigation in combination with other chemotherapeutic agents and with novel targeted agents in a variety of tumor types. The results of these

ongoing studies will further define the place of weekly docetaxel in cancer therapy.”

From: <http://tinyurl.com/yj9w7d9>

“*Conclusions:* Weekly low-dose docetaxel is an effective and well-tolerated treatment for patients with hormone-resistant prostate cancer previously exposed to chemotherapy.”

From: <http://tinyurl.com/2p4bkx>

“Fatigue affects about 50% of patients receiving Taxotere. Patients on the q3wk regimen usually report moderate to severe fatigue lasting about a week after each infusion. They usually recover to normal energy levels in time for the next treatment. Patients on the q1wk schedule usually experience a milder degree of fatigue, but of longer duration.”

And yet an additional side effect:

Have you who have been on or on docetaxel/Taxotere had the feeling you may be drunk or intoxicated? This explains why:

Cancer Patients May 'Feel Drunk' From Docetaxel, Says FDA

Briefly: “The commonly used intravenous chemotherapy docetaxel may cause patients to experience intoxication or feel drunk during and after treatment,” warns the US Food and Drug Administration (FDA).

Docetaxel contains ethanol, or alcohol, explains the agency in a drug safety communication.

The FDA is revising the labels of all docetaxel products to warn about the risk for intoxication.”

Full article here, but if unable to get past initial opening, you can subscribe to Medscape free by simply registering.

<http://tinyurl.com/q47zh37>