



LETROZOLE

OTHER NAMES: Femara®

PURPOSE: Letrozole is a hormonal agent used to treat breast cancer. It prevents or slows tumor growth by reducing the production of estrogen.

ADMINISTRATION: Letrozole is taken by mouth in the form of tablets.
Take once a day at approximately the same time of day.
Tablets may be taken with food or on an empty stomach.

SIDE EFFECTS: Not all patients will experience all side effects.

SIDE EFFECT	MANAGEMENT
Hot flushes: A sudden feeling of warmth which may be accompanied by sweating	<ul style="list-style-type: none"> • This may improve as your body adjusts to the hormone changes. • Dress in layers so you can remove clothing when you get warm. • When possible, lower the room temperature. • Try taking a cool shower or sipping ice water. • If lasting or if troublesome, speak to your doctor or nurse.
Nausea	<ul style="list-style-type: none"> • This rarely requires treatment and may resolve in a short time. • Take letrozole with a meal to lessen stomach upset. • If vomiting occurs and lasts more than 24 hours, contact your doctor or nurse.
Drowsiness, fatigue, dizziness	<ul style="list-style-type: none"> • Do not drive or operate machinery if you feel drowsy or less alert than usual. • This may lessen after your body adjusts to the medication. • You may prefer to take letrozole at bedtime. • Take short rest periods when needed.
Headaches	<ul style="list-style-type: none"> • You may take acetaminophen (Tylenol® and others) or other pain medications such as ASA (aspirin), ibuprofen or others. • Contact your nurse or doctor if headaches persist.
Muscle weakness or pain; joint or bone pain	<ul style="list-style-type: none"> • You may take acetaminophen (Tylenol® and others) or other pain medications such as ASA (aspirin), ibuprofen or others.
Swelling / fluid retention – Hands and feet may swell and you may notice a gain in weight	<ul style="list-style-type: none"> • Elevate your feet when sitting. • Avoid tight clothing. • Report swelling or weight gain to your doctor.

SIDE EFFECT	MANAGEMENT
Other uncommon symptoms you may experience include hair thinning, skin rash, constipation, diarrhea, change of appetite, vaginal bleeding or discharge, shortness of breath or cough.	<ul style="list-style-type: none"> • Report these to your doctor.

OTHER IMPORTANT PRECAUTIONS:

- Bone loss (osteoporosis) may occur with letrozole. Your doctor may order tests or treatments.
- You may be at risk for developing increased blood lipid (cholesterol) levels. Your doctor may order tests or treatments.
- Do NOT take any estrogen-containing therapies while taking letrozole.
- Other medications may interact with letrozole. Do not start taking new medications or herbal products without checking with your doctor or pharmacist. Tell your doctor, nurse, or pharmacist if you are taking any other prescription or non-prescription medicine, vitamin, or herbal product.
- Inform other doctors or pharmacists that you are taking letrozole.
- Inform your doctor, nurse, and pharmacist if you develop any new allergies or sensitivities.
- If you experience any symptoms or problems not listed above, inform your doctor, nurse or pharmacist.

- STORAGE:**
- Store letrozole at room temperature away from heat, direct light, and moisture.
 - Whenever possible, return unused medication to the pharmacy from which it was dispensed for proper disposal.

If you have any questions regarding this or any other drug therapy, please phone your cancer centre.

Cross Cancer Institute – (780) 432-8771, Tom Baker Cancer Centre – (403) 521-3764
 Central Alberta Cancer Centre – (403) 343-4802, Grande Prairie Cancer Centre – (780) 538-7288
 Lethbridge Cancer Centre – (403) 329-0633, Medicine Hat Cancer Centre – (403) 529-8817

OR
