

## **Tips to help manage side effects for those taking an aromatase inhibitor (AI)**

1. **Communicate with your healthcare provider:** It is important to discuss any side effects you are experiencing with your healthcare provider. They can provide personalized advice and potentially switch you to a different AI if necessary.
2. **Stay hydrated:** Drink an adequate amount of water throughout the day. Staying hydrated can help alleviate symptoms such as joint pain and muscle stiffness.
3. **Exercise regularly:** Engaging in regular physical activity, such as low-impact exercises like walking, swimming, or yoga, can help reduce joint pain and stiffness associated with aromatase inhibitors.
4. **Maintain a healthy weight:** Try to maintain a healthy weight through a balanced diet and regular exercise. Excess weight can exacerbate joint pain and other side effects.
5. **Consider nutritional supplements:** Some supplements, such as glucosamine chondroitin and vitamin D, may be beneficial in managing bone loss that can occur as a side effect of aromatase inhibitors. Discuss with your doctor whether any specific supplements may be suitable for you.

# Reset & Rise Community Resource

## Tips to help manage side effects for those taking an aromatase inhibitor (AI) Cont.

6. Manage hot flashes: If hot flashes are a problem, you can try strategies like wearing layered clothing, using a fan, keeping your living environment cool, and avoiding triggers such as spicy foods, caffeine, and alcohol.
7. Supportive therapies: Explore complementary therapies such as acupuncture, massage, or relaxation techniques to help manage side effects. These therapies may provide relief for some individuals. Acupuncture helps me so much.
8. Prioritize sleep and stress management: Aim for adequate sleep and manage stress levels through techniques like deep breathing exercises, meditation, or engaging in activities that help you relax. Sufficient sleep and stress reduction can positively impact overall well-being.

Remember, everyone's experience with aromatase inhibitors may vary, and it's important to work closely with your healthcare provider to find the best strategies to manage your specific side effects.