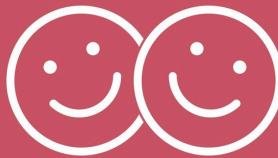




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# THE IMMUNOBUDDIES PATIENT PODCAST



Basics of  
Immunotherapy



Understanding  
Medical Jargon



Practicalities of  
Immunotherapy



Side Effects  
Explained



SCAN THE QR CODE TO  
VIEW ALL 8 VIDEOS!

Managing  
Side Effects



Tips to Help  
Yourself



Advice on Family,  
Friends & Career



Want to Know,  
Forgot to Ask!



LISTEN ON: **You Tube**

TIMESTAMPS INCLUDED

# #1 BASICS OF IMMUNOTHERAPY

Watch Here: [youtu.be/5oMjSlaE36k](https://youtu.be/5oMjSlaE36k)

	Time
1. What is immunotherapy?	0:42
2. Is it the same as chemotherapy?	1:56
3. Is immunotherapy new or experimental?	3:05
4. Why do I keep having treatment every few weeks?	5:37
5. How quickly does it work and how can you tell if it's working?	7:11
6. How often will I be seen and by whom?	10:14
7. What happens when I finish?	11:47

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## #2 UNDERSTANDING MEDICAL JARGON

Watch Here: [youtu.be/kuYUdLoDoZA](https://youtu.be/kuYUdLoDoZA)

1. What is immunotherapy?	0:57
2. What is a checkpoint inhibitor?	1:26
3. What does toxicity mean?	2:41
4. What does stage and grade mean?	4:19
5. What does 'palliative' mean?	6:53
6. What does adjuvant and neoadjuvant mean?	13:18

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## #3 PRACTICALITIES OF IMMUNOTHERAPY

Watch Here: [youtu.be/JoggngGrGso](https://youtu.be/JoggngGrGso)

1. Where will I receive my immunotherapy?	0:39
2. How is it given and by whom?	1:29
3. Does it hurt?	2:25
4. What happens during treatment?	3:23
5. Can I drive afterwards?	4:46
6. Should I be checking my temperature?	5:39

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## #4 SIDE EFFECTS EXPLAINED

Watch Here: [youtu.be/3PaHBPhIM\\_U](https://youtu.be/3PaHBPhIM_U)

1. What are the most common side effects?	0:38
2. Are there any serious side effects? Could I die?	4:19
3. Are there any permanent side effects?	7:36
4. Do side effects mean my treatment is working?	11:18
5. Can side effects occur after immunotherapy?	12:50
6. What should I do if I'm admitted to a hospital outside of my cancer centre? What is an alert card?	13:43

## #5 MANAGING SIDE EFFECTS

Watch Here: [youtu.be/7BqqlyDSrIQ](https://youtu.be/7BqqlyDSrIQ)

	Time
1. What is the treatment for side effects?	0:40
2. Why do I need a break with some steroids but not with others?	3:29
3. If I need a break or steroids because of side effects, will this affect my treatment working?	4:36
4. Once my side effect has been treated, what happens next?	5:59
5. What are the side effects of using steroids?	9:07

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## #6 TIPS TO HELP YOURSELF

Watch Here: [youtu.be/HtrQmKAHa78](https://youtu.be/HtrQmKAHa78)

1. What should I be eating?	0:37
2. Can I drink alcohol?	2:45
3. Can I continue my weight loss injections?	3:52
4. What about vitamins or supplements?	6:16
5. Can I take herbal remedies, what about cannabis?	9:00
6. What would you advise around exercise?	11:51

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## #7 ADVICE ON FAMILY, FRIENDS & CAREER

Watch Here: [youtu.be/39fRqSzrrKk](https://youtu.be/39fRqSzrrKk)

1. Am I now more prone to infection? Can I be around family or young children?	0:40
2. Should I have my winter vaccines?	1:56
3. What should I do about work?	3:37
4. What role does my GP have in my cancer care?	5:30
5. Where can I find support and information for my family and friends?	6:50

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## #8 WANT TO KNOW, FORGOT TO ASK!

Watch Here: [youtu.be/ZalwHy\\_DKg8](https://youtu.be/ZalwHy_DKg8)

1. Can I drive? Can I travel?	0:56
2. Can I take all my usual medications?	2:13
3. What about antibiotics?	3:52
4. Will I get tired? Any tips to manage fatigue?	5:25
5. Will I lose my hair? Can I dye my hair? Can I still paint my nails?	7:04
6. Can I get a tattoo?	9:40
7. Can I have sex? Will my fertility be affected?	10:32

# How to Scan a QR Code:

1. Open the camera app on your phone
2. Point it at the QR code
3. Click on the link that pops up



Don't worry if you get stuck - ask one of the team to help!

## Or you can find these videos on YouTube or via the Immunobuddies website

Just search @theimmunobuddies



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SCAN HERE:



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