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The Immunobuddies Patient Podcast



Basics of
Immunotherapy

Managing
Side Effects



Understanding
Medical Jargon

Tips to Help
Yourself



Practicalities of
Immunotherapy

Advice on Family,
Friends & Career



Side Effects
Explained

Audio –only
available on all
major podcast
platforms

Want to Know,
Forgot to Ask!



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TIMESTAMPS INCLUDED
to find questions of
interest

#1 BASICS OF IMMUNOTHERAPY

[WATCH HERE: YOUTU.BE/50MJSLAE36K](https://youtu.be/50MJSLAE36K)

	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

#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

#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

#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 hospital outside of my cancer centre? What is an alert card?	13:43

#5 MANAGING SIDE EFFECTS

[WATCH HERE:youtu.be/7BgglyDSrIQ](https://youtu.be/7BgglyDSrIQ)

	TIME
1. What is the treatment for side effects?	0:40
2. Why do I need a break with some steroids?	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

#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

#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

#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

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