



PATIENT EDUCATION

Late toxicity after lymphoma and myeloma radiation

A plain-language guide for patients and families. Bring this to your visit. It does not replace advice from your clinician.

Why late effects can appear

Late effects follow the old field and the rest of your cancer medicines. Neck radiation can slow the thyroid. Mediastinal radiation plus some chemo raises later heart and lung watch-items. Pelvic fields can affect fertility and menopause. Survivors of lymphoma in particular need a long view for second cancers. Myeloma follow-up also watches bones, kidneys, and the marrow plan your hematologist set.

What this sheet is for

Share it with hematology, primary care, and radiation oncology so 'tired' gets a thyroid check when the neck was treated — not only a shrug.

Confirm with your care team. Chest pain, a new lump in an old field, or a breast-screening question after chest RT belongs on a call, not a forum. Confirm who owns mammograms, TSH, and echo if they were recommended.

Who usually follows you

- Hematology-oncology for the disease. Radiation oncology if a late field effect is the issue.
- Primary care for thyroid, heart-risk, and cancer screening.
- Fertility or endocrinology if a pelvic or pituitary field is relevant.



Monitor for (named conditions)

- **Hypothyroidism** after a neck field — fatigue, cold, weight gain, high TSH.
- **Xerostomia or dental disease** after a salivary-gland field.
- **Radiation pneumonitis or pulmonary fibrosis** after a chest field.
- **Coronary or valvular heart disease and pericardial disease** after mediastinal RT, especially with some older chemo.
- **Breast-cancer risk** after chest fields in people with breast tissue — follow the screening letter they wrote.
- **Infertility, premature menopause, or low testosterone** after pelvic fields.
- **Chronic enteritis or cystitis** after abdominal or pelvic fields.
- **Second solid cancer in the old field and therapy-related myeloid neoplasm** (uncommon) — new bruising, fatigue, or a changing skin lesion.
- **Bone fracture or cord compression** if myeloma is active — new back pain, weakness, or numbness.

Usual surveillance cadence (your letter wins)

- Disease labs and imaging on the hematology calendar.
- TSH if the neck was treated. Heart-risk care and any echo they ordered after mediastinal RT.
- Age-appropriate cancer screening, plus extra breast imaging if they wrote it after chest RT.
- Dental care if the mouth was dry. Fertility counseling before a pelvic course if that talk has not happened.

When to call

- Clinic: a new lump, lasting fatigue with a neck-field history, or a screening test you were told to get and have not.
- ER or 911: chest pain, sudden weakness, fever with low counts, or new inability to walk.

How to schedule or learn more

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