

THYROID PROBLEMS

OPDIVO® (nivolumab)

Report immediately to your oncologist's office

What are the symptoms?

- Changes in your appetite (either you're more hungry or less hungry)
- If you have been losing or gaining weight without trying
- You are not able to tolerate hot or cold temperatures
- Changes in your mood, energy level, or behavior such as decreased sex drive, irritability, or forgetfulness
- Your heart races, seems to skip a beat, or flutters
- You feel very tired
- You have constipation or diarrhea
- Your skin is either drier or more oily than before

What you should tell your oncology team member:

- When you first noticed the symptoms above.
 - How severe the symptoms are.
 - If the symptoms are interfering with your daily activities.
 - A list of medications and supplements you're taking.
 - If you've ever had thyroid problems before.
 - What you have tried at home to manage the symptoms.
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 **Red flags – Call your oncologist's office immediately – if they are not available, go directly to the Emergency Room.**

- If your thyroid gland (located in front of your windpipe) swells up.
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Taking care of your thyroid gland:

- Eat a healthy diet and exercise regularly.
- Continue taking any thyroid supplements you were prescribed prior to starting cancer therapy.