elbow can make it stiff by causing hardening of tissues. Regular exercise and using the joint as normal will help to stop it from stiffening up.

**Second malignancy**
Radiotherapy is associated with a small risk of causing a second cancer many years later.

**After treatment**
After your treatment has finished you will be asked to return to the Outpatient Clinic to be reviewed by your oncology consultant or his/her team. Radiotherapy takes time to work and so it is at this appointment your doctor will assess and discuss your progress and any continuing side effects with you and plan further appointments, needed in the future.

**MISSION STATEMENT**
To act as a model institution to alleviate the suffering of patients with cancer through the application of modern methods of curative and palliative therapy irrespective of their ability to pay, the education of healthcare professionals and the public and perform research into the causes and treatment of cancer.
Introduction
This leaflet is for people who have been recommended for treatment with radiotherapy to a limb. It is intended as a guide because the timing and effects of treatment may vary from one person to another. This leaflet will highlight the key points of the discussions you will have had with your doctor and treatment team. Family members and friends may also find it helpful.

Side effects
Radiotherapy treatment is painless. However, there are some side effects which are associated with radiotherapy and you may notice one or more of them gradually developing over the course of treatment.

Please note that it is rare for one patient to experience all of these side effects.
If anything is worrying you, however small, during your treatment, please tell your doctor either at your visit or by phoning the department.

Tiredness
You may feel tired especially toward the end of a course of treatment. The tiredness wears off over a few weeks once the treatment ends.

Skin reaction
Most people develop a skin reaction in the area being treated. The area may become red, more dry, sensitive or begin to peel. It is usual for the skin reaction to begin two to three weeks after the beginning of a radiotherapy course. It will last for a small number of weeks after radiotherapy is complete.

Hair loss
This happens only in the area treated – for example, leg hair if your leg is being treated. The hair may grow back. If it does then it can take up to a year and it may be patchy.

Swelling of the limb
This may happen during the treatment. This is normal and often settles after treatment finishes, although rarely may carry on. This may be improved by gentle exercise and remaining active during treatment.

Stiffness
You may experience stiffness due to the radiotherapy causing slight swelling. This may be improved by gentle exercise and remaining active during treatment.

Tightness
Usually the side effects which you have experienced may become worse for a short while and slowly settle over a few weeks. Please do not worry as this is quite normal. During this time you should continue to follow the advice you have been given during your treatment. Continue to take any prescribed medication for the side effects until they settle down.

Possible long term side effects
Long term side effects can occur many months to years after radiotherapy has finished. These late side effects are hard to predict and unfortunately, if they do occur, can be permanent. We plan the treatment to avoid the surrounding areas around the tumour as much as possible to reduce these side effects.

Swelling of the limb (lymphoedema):
The radiotherapy damages the small tubes that circulate tissue fluid around the body (the lymphatic vessels). Fluid builds up behind the blockage and causes swelling in the tissues close to where the radiotherapy was given – known as lymphoedema. Lymphoedema can’t be cured, but the earlier it is diagnosed, the easier it is to control. Regular walking should help to reduce it and you will need to be careful not to injure the area. If you do get swelling in your hand or foot after radiotherapy to that limb, tell your oncology consultant. You may be referred to our lymphoedema team for advice and treatment.

Fracture
There is a small risk that the bone in the treated limb may fracture. If necessary your bone could be pinned to prevent or treat a break.

Thickening of muscle (fibrosis)
The muscle in the area that has been treated can become thickened. Regular stretching and moisturising of the area can reduce this affect.

Stiff joints
Radiotherapy treatment to a joint, such as a knee or