

Toremifene

Names	The generic drug name is toremifene (tore em' i feen). The brand name is Fareston®. There may be other brand names for this medication.
How is it Administered?	Toremifene is a pill, taken by mouth. Take it with a full glass of water at about the same time every day. You can take it with or without food.
Why Am I Taking Toremifene?	Toremifene is used to treat metastatic breast cancer in women who are postmenopausal (stopped having menstrual periods) and whose tumors are estrogen receptor positive (ESR+).
How Does it Work?	<p>Your body makes hormones to carry messages to “target” organs and tissues. Hormones are made in one gland, and then travel through the blood to their targets.</p> <p>The main female hormone is estrogen. There are many cells in your body that have estrogen receptors on them. Estrogen attaches to the receptors and cause the cells to act in a particular way.</p> <p>Estrogen has been shown to cause the growth of some types of cancer cells. Toremifene is an anti-estrogen; it binds to the estrogen receptors on the cancer cells and stops estrogen from going into the cell. This eventually causes the cell to die.</p>
What Should I Tell My Doctor Before I Begin?	<p>Tell your doctor if you:</p> <ul style="list-style-type: none">• are allergic to toremifene• you or anyone if your family has or has ever had long QT syndrome (an inherited condition causing abnormal heart rhythms)• have or have ever had low levels of potassium or magnesium in your blood, an irregular heartbeat, heart failure, or liver disease• have problems with blood clotting or take anticoagulants (‘blood thinners’)• are taking any herbal products, especially St. Johns wort• are pregnant or are breast-feeding <p>This drug may interact with other medications or cause harmful side effects. Tell your doctor and pharmacist about <u>all</u> prescription or over-the-counter medications, vitamins, herbal or diet supplements that you are taking.</p>

What Are Some Possible Side Effects?

- Menopause-like symptoms: Hot flashes, sweating, unusual vaginal discharge
- Nausea and vomiting, poor appetite
- Dizziness
- Swelling of the hands, feet, ankles, and/or lower legs
- Changes in vision, light sensitivity, seeing halos around lights, difficulties seeing at night, fading of the eyes, and/or dry eyes

How Can I Manage These Side Effects?

- Dress in layers if you are experiencing any sort of body temperature changes such as sweats or hot flashes.
- To avoid dehydration, drink at least 2-3 quarts of fluid every 24 hours, unless your doctor tells you otherwise.
- Nausea: Eat small frequent snacks instead of 3 large meals.
- Ask your doctor about medication to help prevent or lessen menopausal symptoms or nausea and vomiting

When Should I Call the Doctor?

- Call your doctor right away if you experience:
- Sudden shortness of breath or chest pain
 - Swelling, redness, or pain in one leg or arm and not the other
 - Excessive vaginal bleeding or discharge
 - Nausea or vomiting that persists despite prescribed medication or that interferes with your ability to eat or drink

What Else Should I Know About Toremifene?

- Tell your doctor if your cancer has spread to your bones.
- Do not become pregnant or father a child while taking this medication - toremifene may harm the fetus.
- Tell all your doctors and dentists you are on this medication.
- When treatment starts, your tumor may grow slightly and you may have bone pain and reddened skin. This does not mean your cancer is worsening. As treatment continues, your tumor will shrink.
- Talk to your doctor about eating or drinking grapefruit products.
- Take a missed dose as soon as you remember it. If it is almost time for the next dose, skip the missed dose and continue your regular schedule. **Do not take a double dose.**
- Keep this medication at room temperature and away from light, excess heat, and moisture (not in the bathroom).
- Keep all appointments with your doctor and the laboratory.
- If you would like more information toremifene, please talk to you doctor or pharmacist.