



## ALK Positive - Alectinib (Alecensa) Help Document

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Last Updated: 03/02/2018

Adverse Reaction	Prevention/Treatment
Hemorrhage	<b><i>Seek treatment asap.</i></b>
Intestinal perforation	<b><i>Seek treatment asap.</i></b>
Pulmonary embolism	<b><i>Seek treatment asap.</i></b>
Endocarditis	<b><i>Seek treatment asap.</i></b>
Pneumonitis	<p><i>Can be a side effect of radiation or of Alectinib. If severe and drug-induced, Seek medical advice (Alectinib may need to be reduced or even stopped). If less severe or radiation-induced, may be treated with:</i></p> <ul style="list-style-type: none"> <li><i>*Diuretic (Lasix)</i></li> <li><i>*Steroids.</i></li> </ul>
Dyspnea (shortness of breath)	<p><i>May be due to pulmonary embolism, pleural effusion, drug-induced pneumonitis or blood clots, in which case, seek treatment asap.</i></p> <p><i>If due to radiation-induced pneumonitis or exertion, may be treated with:</i></p> <ul style="list-style-type: none"> <li><i>*Diuretic (Lasix)</i></li> <li><i>*Steroid</i></li> </ul>
Elevated Creatine Phosphokinase (CPK)	<ul style="list-style-type: none"> <li><i>*Stop/reduce unnecessary medications and supplements that adversely affect the kidneys</i></li> <li><i>*Stabilize potassium levels--eat more potassium rich foods (supplement if necessary)</i></li> <li><i>*Hydrate</i></li> <li><i>*Don't overdo weights</i></li> </ul>
Hyperbilirubinemia/Elevated Liver Enzymes (AST/ALT)	<ul style="list-style-type: none"> <li><i>*No alcohol</i></li> <li><i>*Remove/reduce from diet: hydrogenated oil, refined sugar, food with nitrites/nitrates, sodium, caffeine (coffee, tea, cocoa, chocolate)</i></li> <li><i>*Stop/reduce unnecessary medications and supplements that adversely affect the liver</i></li> <li><i>*Stabilize potassium levels--eat more potassium rich foods (supplement if necessary)</i></li> <li><i>*Hydrate</i></li> <li><i>*Increase beets, lemon water, Brazil nuts, turmeric, milk</i></li> </ul>



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	<p>thistle</p> <p>*Juice (especially with beets, celery, dandelion, cabbage, cauliflower, brussel sprouts, avocado, wheatgrass)</p> <p><i>Seek medical advice if liver levels do not lower despite above interventions. Some patients had to lower their dosage, or even stop the Alectinib (some temporarily, while others, permanently). Some may be helped by blood transfusions or hepatoprotectors.</i></p>
Bradycardia (low heart rate)	<p>See doctor if heart rate drops below 60 (some doctors are not concerned until it drops below 50). May need to supplement with CoQ10.</p>
Headache	<p><b><i>Seek medical advice if headache is severe.</i></b> <i>Sometimes it may be a result of too much Alectinib, in which case the dosage may need to be lowered.</i></p> <p>*Hydrate *Sleep *Pain medication</p>
Hypotension (low blood pressure)	<p>*Increase salt intake moderately *Increase hydration *Wear compression stockings *Ensure you are not taking blood pressure-lowering medications</p> <p><b>See doctor if you experience lightheadedness/dizziness, blurred vision, or fainting.</b></p>
Hypokalemia (low potassium)	<p><i>Symptoms include frequent cramping and sore muscles.</i></p> <p>*Eat potassium-rich foods and drinks (electrolytes) *Increase hydration *Reduce amount of workout *Supplement with potassium</p> <p>See doctor before supplementing with potassium.</p>
Hyperglycemia (high blood sugar)	<p>*Exercise *Eliminate/reduce carb (includes sugar)</p>



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<p>Vision issues</p>	<p><i>Vision issues may include blurred vision, double-vision, sensitivity to light, or seeing floaters or holograms. Holograms may be a sign of brain mets, in which case, <b>Seek medical advice.</b> It may be a symptom of hypotension or brain mets.</i></p> <p>*Wear good sunglasses when sunny *Avoid looking directly at lights</p>
<p>Rash or hives</p>	<p><i>Common Alectinib side effect. May be due to photosensitivity and/or extreme weather (e.g., too hot or too cold). If rash or hives is severe, seek treatment asap. A few have reported getting shingles after too much sun exposure. Severe pain may occur if the shingles are not treated right away.</i></p> <p>*Cover up *Use sunscreen *Avoid harsh weather exposure *Calamine lotion *Coconut oil (if dry rash) *Aquaphor *Clindamycin topical (if severe rash)</p>
<p>Musculoskeletal Pain (Myalgia)</p>	<p><i>Common Alectinib side effect. May include stiffness and pain. Most see improvements after the first few weeks or months of starting Alectinib.</i></p> <p>*Hydrate (especially with electrolyte drinks such as Smart water, coconut water, Gatorade) *Increase potassium (take Potassium or eat more potassium-rich foods such as potatoes, avocados, white beans, winter squash, sweet potatoes) *Allergy medication (Zyrtec, Claritin, ...) *Pain meds (over-the-counter, morphine, oxycodone, ...) *Exercise (Most physical therapists are particularly helpful with providing exercises that target specific pain)</p>
<p>Fatigue/Asthenia (physical weakness)</p>	<p><i>Common Alectinib side effect.</i></p> <p>*Hydrate *Exercise *Nap *Caffeine (tea, coffee, chocolate)</p>



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Cough	<p><b>Seek treatment.</b> May be due to severe issues, such as drug-induced pneumonitis, cancer growth, pleural effusion, or blood clots in lung. It may also be caused by radiation-induced pneumonitis or allergies, in which case, treat with:</p> <ul style="list-style-type: none"><li>*Allergy medication (if due to allergies)</li><li>*Otc cough syrup</li><li>*Rx cough pearls</li><li>*Lasix</li><li>*Steroids</li></ul>
Constipation	<p><b>Common Alectinib side effect.</b></p> <ul style="list-style-type: none"><li>*Hydrate</li><li>*Prune juice, papaya</li><li>*Increase veggies and fiber in diet</li><li>*Smooth move tea</li><li>*Miralax, Colace, Senokot, or Milk of Magnesia</li></ul> <p><i>For impacting, use Fleet glycerin suppository (not enema).</i></p>
Diarrhea	<p><b>Seek medical advice if severe.</b> Diarrhea can sometimes be caused by a too high fiber diet (e.g., all vegetable diet) or by sensitivity to a specific food (e.g., dairy).</p> <ul style="list-style-type: none"><li>*Immodium</li></ul>
Edema	<p><b>Common Alectinib side effect, particularly in extremities and abdomen.</b></p> <ul style="list-style-type: none"><li>*Hydrate</li><li>*Reduce salt and carbohydrates</li><li>*Exercise</li><li>*Elevate feet</li><li>*Compression socks and lymph/edema wraps</li><li>*Massages</li><li>*Diuretic (Lasix)</li></ul>
Nausea and Vomiting	<ul style="list-style-type: none"><li>*Take meds with food</li><li>*Avoid laying down too soon after taking meds</li><li>*Ginger (tea, cookies, soda)</li></ul>



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	<p><i>If severe, Seek medical advice. Doctors may prescribe one of the following:</i></p> <ul style="list-style-type: none"> <li>*Zofran</li> <li>*Reglan</li> <li>*Dronabinol</li> <li>*Marinol</li> <li>*Compazine</li> <li>*Olanzapine</li> <li>*Sancuso patch</li> </ul>
Pruney Fingers (wrinkly fingertips)	<p><i><b>Seek medical advice.</b> Pruney fingers may be a sign of liver problems, lupus, diabetes, lymphedema, thyroid disorder, connective tissue disorder, or Sjogren's positive. More likely, it may be a reaction of the <b>autonomic nervous system</b> (constricted blood vessels below skin surface), in which case, the following may help:</i></p> <ul style="list-style-type: none"> <li>*White peony tea</li> <li>*Vitamin D</li> <li>*Hydration</li> <li>*Increase fresh spinach, garlic and beets</li> <li>*Do not elevate hands above heart</li> </ul>
Weight gain	<p><i>Common Alectinib side effect. May be due to increased appetite, <b>bloating, edema, or thyroid problem (hormonal imbalance)</b>. Seek medical advice if thyroid issue is suspected.</i></p> <ul style="list-style-type: none"> <li>*Hydrate</li> <li>*Increase veggies and fiber</li> <li>*Reduce salt, carbs, dairy</li> <li>*Watch calorie intake</li> <li>*Exercise</li> <li>*Take diuretic (if edema)</li> <li>*Take probiotic and gas meds (if bloating)</li> </ul>
Hypocalcemia	<ul style="list-style-type: none"> <li>*Eat calcium-rich foods</li> </ul> <p>See doctor. May need to supplement with calcium.</p>



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Lymphopenia (white blood cell lymphocyte count of < 1000/ $\mu$ L)	<b>Seek medical advice.</b>
Hyponatremia (low sodium)	Hyponatremia signs and symptoms may include: Nausea and vomiting, Headache, Confusion, Loss of energy and fatigue, Restlessness and irritability, Muscle weakness, spasms or cramps, Seizures, Coma.  *Reduce water intake  <b>Seek medical advice.</b> You may need intravenous fluids and medications.
Elevated alkaline phosphatase	Having high alkaline phosphatase levels (ALP) indicates possible liver damage. Discuss with your doctor on the cause and treatment.
Hypophosphatemia (low phosphate)	Symptoms may include muscle weakness and mental status changes such as irritability, confusion, delirium, and coma. <b>Seek medical advice.</b>