



NEBRASKA CANCER SPECIALISTS

the Physicians of Oncology Hematology West

Aromatase Inhibitors

Arimidex (Anastrozole), Aromasin (Exemestane), Femara (Letrozole)

Drug type:

Aromatase inhibitors are hormone therapy.

How aromatase inhibitors are given:

- Aromatase Inhibitors are taken by mouth, in tablet form, once a day.

Aromatase inhibitor side effects:

Important things to remember about the aromatase inhibitor side effects:

- You will not get all of the side effects mentioned below.
- Side effects are almost always reversible and will go away after therapy is complete.
- Side effects are quite manageable. There are many options to minimize or prevent them.

The following are side effects experienced by some patients receiving aromatase inhibitors:

- Hot flashes
- Nausea (mild)
- Decreased energy and weakness
- Bone pain
- Cough

When to contact your doctor or health care provider:

The following symptoms require medical attention, but are not emergency situations. Contact your health care provider ***within 24 hours*** of noticing any of the following:

- Nausea that interferes with eating
- Fatigue (unable to perform self care activities)

Always inform your health care provider if you experience any unusual symptoms.