

# Aromasin (exemestane) basics

**Treats breast cancer in postmenopausal women.** Aromasin (exemestane) treats advanced breast cancer in post-menopausal women and helps lower their chances of the cancer coming back or spreading to the other breast. However, the overall survival rates for women who take Aromasin (exemestane) is the same as another treatment option, specifically Novaldex.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
<b>Aromasin (exemestane)</b> Drug effectiveness		[Progressive blue bar]			
<b>Possible side effects</b>					
<b>Joint pain</b> 15% chance		[Red bar]			
<b>Hot flashes</b> 21% chance		[Red bar]			
<b>Increased sweating</b> 12% chance		[Red bar]			
<b>Hair loss†</b>		[Red bar]			
<b>High blood pressure</b> 10% chance		[Red bar]			
<b>Difficulty sleeping</b> 12% chance		[Red bar]			

† Data on frequency of side effects is not available.

## Tips from pharmacists

- Take Aromasin (exemestane) after a meal.
- Your doctor might have you start taking Vitamin D and calcium supplements as well.
- Do not skip doses. Take Aromasin (exemestane) regularly and as prescribed by your doctor, even if you start to feel better.
- Talk with your doctor or pharmacist before you start taking any new medicines, supplements or vitamins since Aromasin (exemestane) can interact with how a lot of other medicines work.
- Aromasin (exemestane) can cause side effects similar to menopausal symptoms like hot flushes and headaches. Stay away from alcohol, caffeine or smoking which can make increase these symptoms.

## Risks and warnings

Contact your doctor if you experience any of these.

### Decreased bone density

Over time, Aromasin (exemestane) can lower the quality of your bones. If you have brittle bones and need to be on Aromasin (exemestane), your doctor may prescribe another medication to improve the quality of your bones. Talk to your doctor about calcium and vitamin D supplementation for preventing bone loss.

### Lab abnormalities

Although rare, you may see abnormalities in liver tests. It may be due to Aromasin (exemestane) or the spread of cancer to your liver and/or bone. Your doctor will check your blood levels to manage these conditions.

### Drug-drug interactions

Aromasin (exemestane) can interfere significantly with how other medications work. Do not start any new drugs, vitamins, or supplements without talking to your doctor first.