

7 Strategies for Dealing with Chemo Brain

1. Recognize that your cognitive problems are caused by drugs and not depression or fatigue. Acceptance will help you cope.
2. Talk to your doctor. Physical and occupational therapy can help as well as drugs like Ritalin.
3. Be organized. Keep a notebook in your purse and jot down to-do's the instant they cross your mind.
4. Listen carefully. Pay attention and repeat instructions to make sure you've understood.
5. Carry your calendar everywhere so you'll know when you had your last appointment or lab test.
6. Give yourself extra time. Cancer is like having a second job. Leave yourself the time to deal with the appointments and the paperwork.
7. Forgive yourself. Chemo brain is real. Explain to others what's making you so forgetful and they will understand.

These tips have been provided by the SHARE helpline volunteers and collected by SHARE helpline blogger Megan Rutherford.
www.sharecancersupport.org/share-new/learn/blog/chemobrain

DEDICATED EXPERIENCED SUPPORT
SHARE
for women facing breast and ovarian cancers