

# 10 Tips to get You Through Chemo

1. Remind yourself this is not forever. Keep track of your progress. If you are having six treatments, after two you're already one third of the way done.
2. Ask your doctor about the newest chemo drugs; many have fewer and less severe side effects.
3. Alleviate side effects with anti-nausea and anti-inflammatory drugs. Ask your doctor for a change of medication if the drugs are not working or to have your chemo dosage adjusted.
4. Plan the day of the week you have your treatment. Schedule your treatments for a Thursday or Friday so you'll have the weekend to recuperate.
5. Put yourself first. Pace yourself. Don't over-commit. Learn to say "no" and keep on saying it until your body has fully recovered.
6. Don't let setbacks get you down. Blood counts fall, complications arise, a treatment may have to be postponed. Just do whatever you need to do to resolve the problem.
7. Bring a friend along to keep you company during a treatment. But no drama queens, no weepers. Watch a movie together or read junk magazines. Some chemo regimens are complicated and a friend can help you figure out your schedule.
8. Try alternative therapies like massage, hypnosis and acupuncture to reduce anxiety and stress. Don't forget moderate exercise and drink lots of water to help flush out the poisons.
9. Keep a notebook for questions that arise between treatments so that you can get the answers on your follow-up visit with your medical team.
10. Join a support group. All these suggestions came from women who have participated in SHARE's breast- and ovarian-cancer programs.

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/getting\\_through\\_chemo](http://www.sharecancersupport.org/share-new/learn/blog/getting_through_chemo)

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