Chemo Brain

WHAT IS IT?

“Chemo brain" is the term that has been given to include certain symptoms that cancer patients sometimes experience during and/or cancer treatment. Common complaints include having trouble concentrating, remembering details, multi-tasking, and slower thinking and processing of information. Other symptoms include general confusion, fatigue, short term memory problems, and a general fogginess.

HOW COMMON IS IT?

It is thought that about 30 % of patients who undergo chemotherapy experience chemo brain symptoms, according to the American Cancer Society.

TIPS FOR MANAGING IT:

- Exercise regularly to combat fatigue and feel better mentally
- Play brain games (crossword puzzles, Sudoku, etc.)
- Create memory aids (reminders on your phone, daily to-do lists, etc.)
- Minimize distractions and focus on one task at a time
- Get plenty of rest
- Take time to de-stress (breathing exercises, taking a bath, meditating, etc.)
- Organize your environment
- Confide in family/friends/coworkers that you can trust

Here are some links to more information and tips regarding chemo brain:


http://www.breastcancer.org/treatment/planning/ask_expert/2008_10