Many people with cancer and in cancer treatment have trouble thinking, remembering, and concentrating. Try these tips to help you manage mental cloudiness or “chemo-brain.”

**TRY THIS**

**Follow a routine.** Stay organized with a planner or calendar.

**Leave notes for yourself.** Post reminder notes where you’ll see them, or set alerts on your phone.

**CHECK THIS OUT**


**Learn** about chemo-brain ([http://goo.gl/frltU](http://goo.gl/frltU)) and memory changes ([http://go.usa.gov/xxADk](http://go.usa.gov/xxADk)).

**Get** tips to manage memory or concentration problems. [http://go.usa.gov/xxADk](http://go.usa.gov/xxADk)