

# Chemo-Brain and Memory Problems

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

**Visit** the Springboard page on Chemo-Brain and Memory Problems. <https://survivorship.cancer.gov/springboard/symptoms/chemo-brain>

**Learn** about chemo-brain (<http://goo.gl/frItU>) and memory changes (<http://go.usa.gov/xxADk>).

**Get** tips to manage memory or concentration problems. <http://go.usa.gov/xxADk>

<https://survivorship.cancer.gov/springboard/>

# Fatigue

Fatigue is a very common side effect of cancer treatment that can disrupt your ability to do everyday things. Here’s what you can do to help deal with fatigue.

## TRY THIS

**Ask for help.** Reach out to friends and family to help you with chores and errands.

**Set priorities.** Identify the most important tasks each day, and then focus your energy on those tasks.

**Keep a schedule.** Wake up, go to bed, and rest at the same times each day.

**Be active.** Get an energy boost with exercise, even if it’s only for a few minutes.

## CHECK THIS OUT

**Visit** the Springboard page on Fatigue.

<https://survivorship.cancer.gov/springboard/symptoms/fatigue>

**Listen** to this audio recording for ways to deal with fatigue caused by cancer treatment. <http://go.usa.gov/xxAeQ>

**Find** out what caregivers can do to help you. <http://goo.gl/27UKHH>

<https://survivorship.cancer.gov/springboard/>

# Hot Flashes and Night Sweats

Hot flashes and night sweats may be side effects of cancer or its treatment. They are sudden, temporary onsets of body warmth, flushing, and sweating. Night sweats happen while sleeping.

## TRY THIS

**Talk to your health care team.** Ask about both non-drug and drug treatments for hot flashes, and discuss any side effects of treatment.

## CHECK THIS OUT

**Visit** the Springboard page on Hot Flashes and Night Sweats.

<https://survivorship.cancer.gov/springboard/symptoms/hot-flashes>

**Learn** more about hot flashes and night sweats.

<http://go.usa.gov/xxHgJ>

<https://survivorship.cancer.gov/springboard/>

# Sexual Problems for Men

Many cancer treatments and some types of cancer can cause sexual side effects. You can get help if you are having sexual problems after cancer treatment.

## TRY THIS

**Talk with your health care team.** Ask about sexual problems you may have during and after treatment.

**Talk to your partner.** Communication is an important part of sexual relationships.

## CHECK THIS OUT

**Visit** the Springboard page on Sexual Problems for Men

<https://survivorship.cancer.gov/springboard/symptoms/sexual-problems-for-men>

and Sexual Problems for Women.

<https://survivorship.cancer.gov/springboard/symptoms/sexual-problems-for-women>

**Get** information on sexuality (<http://go.usa.gov/xxJse>) and reproductive issues for men and women with cancer (<http://go.usa.gov/xxJHx>).

<https://survivorship.cancer.gov/springboard/>

## Sexual Problems for Women

Many cancer treatments and some types of cancer can cause sexual side effects. You can get help if you are having sexual problems after cancer treatment.

### TRY THIS

**Talk with your health care team.** Ask about sexual problems you may have during and after treatment.

**Talk to your partner.** Communication is an important part of sexual relationships.

### CHECK THIS OUT

Visit the Springboard page on Sexual Problems for Men (<https://survivorship.cancer.gov/springboard/symptoms/sexual-problems-for-men>) and Sexual Problems for Women (<https://survivorship.cancer.gov/springboard/symptoms/sexual-problems-for-women>)

Get information on sexuality (<http://go.usa.gov/xxJse>) and reproductive issues for men and women with cancer (<http://go.usa.gov/xxJHx>).

<https://survivorship.cancer.gov/springboard/>

## Distress

People living with cancer feel many different emotions, including distress. Distress is emotional, mental, social, or spiritual suffering. Here's what you can do to help ease this symptom.

### TRY THIS

**Don't overwhelm yourself.** Focus on one thing, one day at a time. Take small steps.

**Be physically active.** Exercising can improve how well you feel.

**Practice self-reflection.** When you're feeling stressed, pause to think about the situation.

### CHECK THIS OUT

Visit the Springboard page on Distress. (<https://survivorship.cancer.gov/springboard/stress-mood/distress>)

Learn more about distress in people with cancer (<http://goo.gl/SJuXXR>) and adjustment to cancer (<http://go.usa.gov/xaKmd>).

<https://survivorship.cancer.gov/springboard/>

## Fear of Recurrence

When cancer comes back after treatment and after a period when cancer was not found in your body, it's called a recurrence. Most cancer survivors experience a fear of recurrence.

### TRY THIS

**Adjust to a new normal.** You may find yourself making changes in the ways you do things.

**Be informed.** Ask your doctor for a list of common signs of recurrence.

**Join a peer group.** Find support and useful ideas from others that might help you.

### CHECK THIS OUT

Visit the Springboard page on Fear of Recurrence. (<https://survivorship.cancer.gov/springboard/stress-mood/fear-of-recurrence>)

Learn more about living with the fear of cancer recurrence (<http://goo.gl/7RH62N>) and finding a new normal (<http://go.usa.gov/xaKmF>).

Get the answers to frequently asked questions about fear of recurrence. (<http://goo.gl/7RH62N>)

<https://survivorship.cancer.gov/springboard/>

## Practice Mindfulness and Relaxation

Cancer and its treatment can be stressful—for you and your caregivers. Practicing mindfulness and relaxation can help calm your mind, reduce stress, and sharpen your ability to focus.

### TRY THIS

**Enjoy simple pleasures.** Enjoy your favorite food, or listen to your favorite song.

**Take a walk outside.** Walk slowly. Notice what you see, hear, and smell.

**Practice deep conscious breathing.** Sit in a quiet spot for a few minutes. Notice your breath.

### CHECK THIS OUT

Visit the Springboard page on Mindfulness and Relaxation. (<https://survivorship.cancer.gov/springboard/stress-mood/practice-mindfulness>)

Learn the health benefits of relaxation. (<http://goo.gl/adsTj7>)

Get a message of hope for the person who has cancer. (<http://goo.gl/kCkAsQ>)

Learn helpful relaxation skills. (<http://go.usa.gov/xaKy3>)

<https://survivorship.cancer.gov/springboard/>

# Be Active

Exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and your quality of life.

## TRY THIS

**Do physical activity.** Being physically active for even just a few minutes a day is helpful.

**Begin with warm-up exercises.** Start slowly and warm up for at least 2 to 3 minutes.

## CHECK THIS OUT

**Visit** the Springboard page Be Active.

<https://survivorship.cancer.gov/springboard/wellness/be-active>

**Watch** this video on finding time for exercise when you're busy.

<https://goo.gl/NZynYN>

**Use** the SuperTracker to track your food and physical activity.

<http://go.usa.gov/xaKpj>

<https://survivorship.cancer.gov/springboard/>

# Healthy Eating

Eating well can help you feel and live better during and after treatment. Here are some tips to help you.

## TRY THIS

**Work with a specialist.** Ask a dietitian to help you create a nutritious, balanced eating plan.

**Shop smart.** Stock your kitchen with healthy foods.

**Practice mindful eating.** Don't get too hungry before you eat. Stop eating when you're full.

## CHECK THIS OUT

**Visit** the Springboard page Healthy Eating.

<https://survivorship.cancer.gov/springboard/wellness/healthy-eating>

**Sign up** for HealthyYouTXT. <http://go.usa.gov/xaKpV>

**Watch** these videos on healthy eating, acting, and living.

<https://goo.gl/0lmSHq>

**Learn** more about nutrition after treatment ends. <http://goo.gl/LBjsmv>

<https://survivorship.cancer.gov/springboard/>

# Health Care Team

Cancer treatment typically requires a team of health care professionals, including doctors, nurses, and other staff who help take care of you before, during, and after treatment.

## TRY THIS

**Establish good communication.** Prepare questions, state your expectations, take notes, and bring someone with you to appointments.

**Consider a second opinion.** Ask your doctor for a referral and to share your medical records.

**Prepare for follow-up care.** Connect with your primary care doctor and understand what kinds of procedures and screenings you may need.

## CHECK THIS OUT

**Visit** the Springboard page Health Care Team.

<https://survivorship.cancer.gov/springboard/get-support/health-care-team>

**Get** additional resources to help you. <http://goo.gl/gkj0K3>

**Read** this fact sheet on communication in cancer care.

<http://go.usa.gov/xaKvd>

<https://survivorship.cancer.gov/springboard/>

# In the Workplace

Some people with cancer continue to work while they get treatment, and others do not. Learn how to communicate with your employer and co-workers, and understand your rights as an employee.

## TRY THIS

**Be prepared.** Determine who you want to share the information with and prepare for different types of reactions.

**Know your rights.** Determine your capabilities during treatment, and keep records of your discussions.

**Plan your return to work.** Talk to your employer about your needs. This may include a flexible schedule or other workplace accommodations.

**Find balance.** Take your medications, take breaks from sitting, and avoid taking on too much work.

## CHECK THIS OUT

**Visit** the Springboard page In the Workplace.

<https://survivorship.cancer.gov/springboard/get-support/in-the-workplace>

**Learn** more about working during cancer treatment.

<http://goo.gl/zjiAf0>

**Read** about going back to work. <http://go.usa.gov/xaKGj>

**Look** into the Patient Advocate Foundation. <http://goo.gl/vSjPpM>

<https://survivorship.cancer.gov/springboard/>