



THE SUR-THRIVE-AL GUIDE

Mouth Sores:

- Change your toothpaste and mouthwash to biotene.
- Chew ice continually (actually “freeze” the inside of the mouth all the way up to the gum line) during the infusion of Adriamycin.
- Swish with equal parts of salt and baking soda mixed with water at the first signs of a sore.
- If a sore persists, call your physician for prescription medications. *It really helps!

Metallic/Bad Taste

- Avoid eating or drinking liquids or foods from a metal can.
- Eat with plastic utensils.
- Lemon drops help eliminate the “different” taste some experience during and after infusion.
- Drink a flavored icee or slush (along with chewing ice if being administered Adriamycin) while receiving chemotherapy.

Stay Hydrated:

- It is very important, especially the first few days after chemotherapy, to drink close to half of your body weight in ounces of water. We recommend a minimum of 64 ounces of water per day.
- If water does not taste good, add lemon or other flavoring such as Gatorade powder into your water for taste. *Lemon flavoring seems to cut the unsavory taste the best.
- Lemon or raspberry tea seem to taste wonderful if the taste buds are not cooperating.
- Do not be afraid to call your physician to schedule an infusion of fluids if needed.

Hair Loss Tips:

- Find out when you are predicted to lose your hair so you can plan accordingly. Cancierge can help you determine that date.
- The average time to lose hair is approximately 14-21 days after receiving chemotherapy that has hair loss as a side effect.
- Cut your hair down to 1/4 inch (#4 guard on a hair clipper) the week you are supposed to lose your hair. TRUST ME...It is much less traumatic to lose short hair than your normal length hair.
- DO NOT shave to the scalp as it can increase your risk of infection.
- Be ready for hair loss by purchasing scarves, night caps, wigs, or hats before your actual shave date.
- Get ready mentally. Hair loss is often the most feared aspect of chemotherapy. We look forward to helping you make peace with and celebrate hair loss.
- If you are struggling with hair loss, you can explore the method of “freezing the scalp” (cold caps), but it is time consuming, expensive, and does not work with all chemo agents. For some, it is totally worth it. Ask your physician about this option.

Tender Scalp During Hair Loss:

- For some, the follicles of the hair get sore right before hair loss. It feels like the soreness you experience after wearing a tight ponytail too long!
- At the end of your shower, turn the water to cool and let it run over your head.
- Massage vitamin E or a soothing therapeutic essential oil into your scalp.
- Sleep in a soft bamboo cap.

Preventing Aches from Neulasta:

The following “cocktail” will help eliminate or minimize the side effects of Neulasta. It is important to take this combination of drugs the day of the infusion and the following four days. The combination is 10mg of Zyrtec, 25mg of Benedryl, and 10mg of Pepcid.

Minimizing Peripheral Neuropathy:

Chill the tips of the fingers and toes during the infusion of Taxol or Taxotere. Cold therapy socks are available on Amazon as well as other sites on the internet. If purchasing socks and gloves is not an option for you, filling small bowls with ice water and dipping your fingers in and out during the infusion works as well.

“Chemo Brain”:

This common term is used by cancer survivors to describe thinking and memory problems that can occur during and after cancer treatment. Lists, lists, and more lists should do the trick. Always take a friend with you to important appointments to be your second set of ears!

Journaling:

It is common for side effects to repeat themselves from treatment to treatment. Writing down what you have experienced will help you communicate with your doctor to diminish or eliminate some of the side effects as you receive future treatments. We think we are going to remember, but often “chemo brain” occurs and the journal is very helpful.

A Positive Attitude:

Remember you are taking chemotherapy and radiation to live, so KEEP LIVING through them. Chemotherapy and radiation are not the enemy...they are your friend. Make peace with them so you can focus on healing. Celebrate all the amazingly good things in your life.

Meditation and guided imagery have been shown to be very beneficial with cancer fighting programs to increase survival.

At Cancierge, we are committed to serving women with compassion and attention to the individual concerns of each person - BECAUSE WE HAVE BEEN THERE.



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