

10 TIPS TO GET YOU THROUGH CHEMO

The following tips have been provided by the SHARE helpline volunteers and collected by SHARE helpline blogger Megan Rutherford. Need a listening ear? Call our helpline and talk to someone who's been there: 844-ASK-SHARE

1 KEEP PERSPECTIVE

Remind yourself this is not forever. Keep track of your progress. If you are having 6 treatments, after 2, you're already one third of the way done.



2 ASK QUESTIONS

Ask your doctor about the newest chemo drugs; many have fewer and less severe side effects.



3 ADJUST AS NEEDED

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 MAKE A SCHEDULE

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.



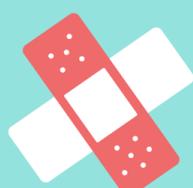
5 LEARN TO SAY "NO"

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 PREPARE FOR SETBACKS

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

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 TAKE CARE

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 WRITE THINGS DOWN

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 GET SUPPORT

Join a support group. All these suggestions came from women who have participated in SHARE's breast- and ovarian-cancer programs.

