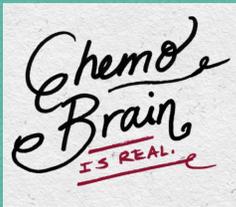


## Signs & Symptoms

- ✱ Fatigue
- ✱ Confusion
- ✱ Feeling disorganized
- ✱ Difficulty multitasking
- ✱ Short-term memory loss
- ✱ Trouble with verbal and visual memory
- ✱ Difficulty concentrating/ short attention span



## You're Not Alone

“While most people recover, the process may be slower than they wish. There may be some areas that don’t recover 100 percent, but research shows that the majority of survivors do function well in the world, even those who may have to adapt to chemo brain.”

- Dr. Karen Syrjala

## Helpful Strategies

- ✱ Use a **detailed planner** - write everything (and we mean everything!) down from reminders to appointments
- ✱ **Exercise** your brain and body - puzzles, crosswords, learn something new, improves mood and decreases fatigue
- ✱ Let people know your **experiences** or troubles, chemo brain is not a visible side effect
- ✱ **Ask for help!** helps save your mental energy for more important tasks and activities
- ✱ **Focus** on one “to-do” at a time, try not to multi-task
- ✱ **Rest and sleep** - rested minds and bodies are more successful
- ✱ Optimize **nutrition** - eat a balanced diet of vegetables, fruits, healthy fats and protein
- ✱ Set up and follow **routines** - this will help you and your loved ones!
- ✱ Keep a **journal to track memory difficulties** - to help notice a fluctuation of symptoms which could be due to medications—take these concerns with you to appointments
- ✱ **Organize your spaces** - return items to the same place after each use will decrease the loss of items and increase your mental energy for other activities
- ✱ Don’t forget to **laugh!**

# Chemo Brain Helpful Information, Tips, & Tricks



**CANCER  
RESOURCE  
CENTER**

**OF THE FINGER LAKES**

Partnered with and created by:

Ithaca College Occupational Therapy Students

## There's an App for That!



### **CogniFit Brain Fitness-**

Works on memory and concentration. An initial quiz is given that will tailor the game's difficulty to your profile and

give recommendation based on your results. (Free for four games or full subscription for \$13/month.)

**Happify-** This app trains your brain to be happier by using positive psychology focusing on strengths and virtues of the user. The app includes quizzes, polls, and a gratitude journal. (Free)



**Eidetic-** Uses repetition to help memorize anything you want to remember. (Free)

**Fit Brains Trainer-** 360 games/ puzzles to improve mental agility. Sessions get harder as the user advances and continues to challenge the brain. (Free)



## General Information

Cognitive impairment after chemotherapy treatment is becoming an increasingly recognized symptom within the medical and cancer communities. This mental fog is called "chemo brain" and it affects many individuals who have undergone chemotherapy treatment, with incidence ranging between 15 and 70% of cancer survivors. Lapses in cognitive functioning can also be due to other cancer related factors such as fatigue and depression. Common concerns identified with chemo brain include problems with concentrating and attending to tasks, as well as difficulties with abstract reasoning and memory. These cognitive effects have the potential to impact one's activities and roles that are important and personally meaningful, but there are ways of working with the symptoms of chemo brain to maintain one's ability to participate in life as fully as before.