

Cancer related “brain fog” – fact sheet

Cancer related “brain fog” is not dementia or Alzheimer’s. The reasons for developing it are poorly understood. Here are some suggestions that may help you deal with the “fog”:

<p>Remembering</p> <ul style="list-style-type: none"> • Set timers • Use calendars • Track meals, sleep, activities • Write things down (journal) • Post notes for yourself • Involve family and friends • Use electronic reminders • Use GPS, maps 	<p>Sharpen your mind</p> <ul style="list-style-type: none"> • Repetition silently and out loud • Concentrate on what you need to know; screen other info out • Group things by category • Summarize your day • Focus your attention • Avoid multi-tasking
<p>Organize</p> <ul style="list-style-type: none"> • Make routines • Keep your calendar open and visible • Organize your space • Use a pill organizer 	<p>Other</p> <ul style="list-style-type: none"> • Exercise • Eat healthy • Get enough sleep • Socialize • Learn a new skill • Take a break • Learn to laugh

Adapted from Dr. L. Bernstein, 2012, University Health Network.

Books in our JCC Patient and Family Resource Centre:

- Chemobrain: how cancer therapies can affect your mind, 2008. Author: Ellen Clegg.
- Your brain after chemo: a practice guide to lifting the fog and getting back your focus, 2009. Author: Dan Silverman.

For more information please talk with your oncology team.