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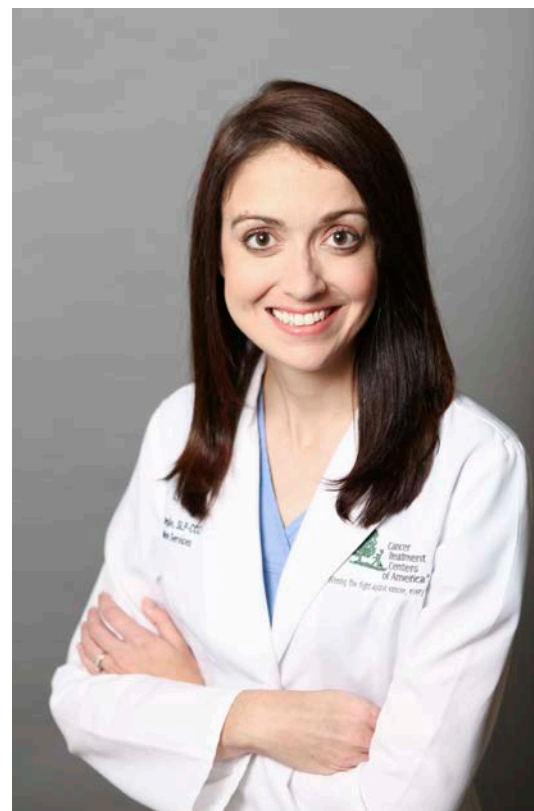
Chemo Brain: What You Need to Know

Cancer Fighters Webinar
Jennifer Cargile, MEd CCC-SLP

Introduction

Jennifer Cargile

- Speech-language pathologist at Southeastern Regional Medical Center in GA.
- Worked at CTCA since May 2013.
- Lead Chemo Brain Assistance Group



What is Chemo Brain?

- Definition
 - Any cognitive change that occurs during or after cancer treatment.
 - Symptoms may include:
 1. Difficulty finding words
 2. Difficulty recalling information
 3. Difficulty multitasking
 4. Difficulty focusing and concentrating
 5. Taking longer to complete tasks



What is Chemo Brain?



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- Who is impacted?
 - It has estimated that approximately 30% of people undergoing cancer treatment are impacted by chemo brain.
 - Those who have never been treated with chemo may be impacted.
 - Other factors that impact cognition
 1. Lack of sleep
 2. Stress
 3. Fatigue
 4. Medications

What is Chemo Brain?



- Who should be aware of my symptoms?
 - Medical Providers
 - Oncologist
 - Naturopathic Physician
 - Loved Ones

Recent Research



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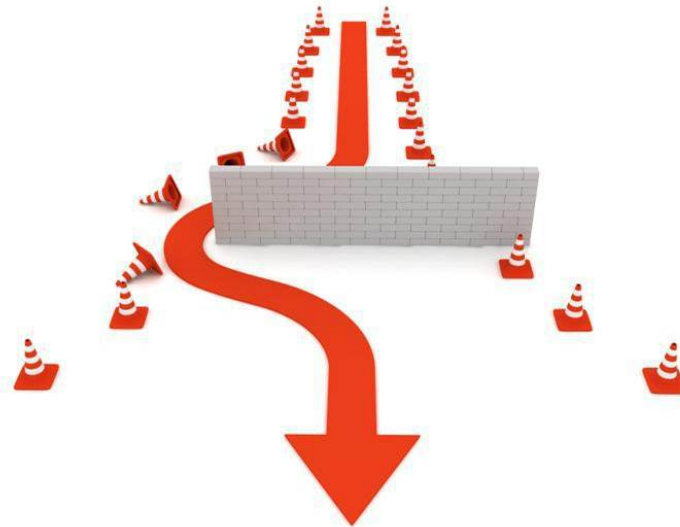
- Jame Abraham, MD, director of the Comprehensive Breast Cancer Program at West Virginia University's Mary Babb Randolph Cancer Center.
- University of British Columbia Study

Tips for Common Symptoms



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- Word Finding Difficulty
 - Importance of talking around the word
 - Use of descriptions



Tips for Common Symptoms



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- Memory Difficulty
 1. Importance of Schedules and Calendars
 2. Importance of Alarms
 3. Importance of One Location



Tips for Common Symptoms



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- Difficulty Multitasking
 1. One task at a time
 2. Identify your distractions
 3. Create an environment where you can focus





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Questions and Answers



Thank you!



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