

Signs & Symptoms

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

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 recommendations based on your results.

(Free for four games or pay for a full subscription.)

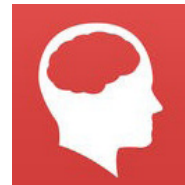


Happify

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

Game and puzzles to improve mental agility. Sessions get harder as the user advances and continues to challenge the brain. *(Free)*

Chemo Brain

Helpful Information, Tips, and Tricks



**CANCER
RESOURCE
CENTER**

OF THE FINGER LAKES

Partnered with and created by:
Ithaca College
Occupational Therapy Students

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.

Helpful Strategies

Use a detailed planner. Write everything (and we mean everything!) down from reminders to appointments.

Exercise your brain and body. Do puzzles, crosswords, or learn something new. It will improve your mood and decreases fatigue.

Let people know your experiences or troubles. Chemo brain is not a visible side effect of treatment.

Ask for help! It 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. Track memory difficulties to help you notice a fluctuation of symptoms which could be due to medications. Take these concerns with you to appointments.

Organize your space. Returning 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!

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%, 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



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