

# Tips That May Help During Cancer Treatment

Cancer treatment can be challenging. When you're not feeling your best, these tips may help you feel better. Talk them over with your health care team and keep them handy. Like your health care team, these tips are here to help!

## Listen to your body's signals

It's important to tell your health care team about new or unusual symptoms right away. **Diarrhea and nausea are two symptoms often associated with cancer treatment.**

### For mild diarrhea:

- Drink plenty of water and other clear liquids, such as broth, to prevent dehydration.
- Avoid caffeine, alcohol, dairy, fat, fiber, orange juice, prune juice, and spicy foods.

### For nausea:

- Eat small, frequent meals and snacks daily.
- Avoid greasy, fried, spicy, or very sweet foods.
- Drink or sip clear liquids, such as broth or water, often.

## Get connected

**You are not alone.** Connect with other people who are living with cancer. **Join an online community** and share what you're going through. Go to [Cancer.org](https://www.cancer.org) and click Online Support Communities for a list.

## Drink fluids often

Staying hydrated is important for everyone, but it is especially important during cancer treatment. Drinking fluids helps to remove waste and toxins. It also helps regulate your body temperature.

- Sip fluids throughout the day.
- Stay away from coffee and colas. These drinks have caffeine and can lead to dehydration.

- Help yourself to foods with high water content, such as melons, strawberries, lettuce, cabbage, and broccoli.

## Pace yourself

**Cancer treatments often cause fatigue.** Fatigue can make doing simple, everyday tasks—from talking on the phone to shopping for groceries—exhausting. If you have changes in the way you feel or changes in your energy levels, call your health care team. To help you feel less tired, try these tips:

- Short naps can help (30 minutes or less). It's surprising but true that too much rest can decrease your energy level.
- Save energy by spreading your activities throughout the day.
- Ask for help from loved ones.

## Be active

If you're having cancer treatment, **it's a good idea to keep physically active.** Ask your doctor if being active while having cancer treatment is safe for you. Regular activity and exercise can help improve bone health, muscle strength, blood flow, and even your self-esteem. Here are some ways to add physical activity to your daily routine:

- Take a walk with a friend or man's best friend — your dog.
- Ride your bike. On rainy days, use a stationary bike indoors.
- Put on your favorite tunes and dance.
- Use the stairs instead of the elevator or escalator.
- Do arm curls with free weights while you watch TV.

For more information and helpful videos, visit [echoassociates.org/education](https://echoassociates.org/education)

Source: Merck



# Tips that may help during cancer treatment

## Stay on track with your treatment

- You know your cancer treatment is important. Here are tips to help you **stay on track**:
- Always stick to the treatment schedule.
- Set reminders on your mobile phone.
- Keep a calendar to manage your appointments.
- Try not to miss any health care appointments.
- If you miss an appointment, reschedule right away.

## Take care of you

While on treatment, you need to **do everything you can to take care of yourself**. Here are some things you can do for yourself:

- Write in a journal.
- Listen to relaxing music.
- Do something you truly enjoy.
- Don't feel guilty for putting your needs first.
- Feel free to admit to loved ones when you aren't feeling your best.

## Rally your team

When you have cancer, sometimes the pressures of everyday life may become difficult. Why not share some tasks with friends and family? Don't be afraid to ask loved ones to help:

- Care for your kids, family, and yourself.
- Get meals ready.
- Take care of your yard.
- Shop for you and your family.
- Drive you to appointments.

## Eat healthy

Cancer treatments may affect your desire to eat. That's why a **healthy diet is important before, during, and after cancer treatment**. Eating healthy foods can help keep up your strength, prevent body tissue from breaking down, and rebuild tissue. If you notice that your appetite changes, tell your health care team.

- Eat at least 2½ cups of fruit and vegetables daily.
- Limit high-fat foods, especially those from animal sources.
- Keep a variety of protein-rich snacks on hand, such as low-fat yogurt or hearty soup.
- Avoid salty foods.

## Keep these tips handy

They can help you remember to **treat yourself well** during cancer treatment. Here are some ideas for remembering to use every tip:

- Post them on the fridge.
- Pin them on a bulletin board.
- Tape them to a mirror.
- Share them with a member of your team.

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