



## New Tips

- If you have a port in your chest for chemotherapy, make sure you get Lidocaine to numb the skin over it. It makes the process of accessing the port completely painless. Also, don't forget to cover the Lidocaine with Saran Wrap when you apply it so it doesn't rub off on your clothes. It took me 7 years to realize I was numbing my clothes and not my skin. Far less painful when you numb the skin!
- Try acidic juices and candy/suckers if you experience metal mouth. I found that fruit flavored life savors helped with metal mouth along with pineapple juice. The acidity in the juice helped to reduce the metal mouth for a couple of hours.
- Try rinsing your mouth with warm salt water every few hours to reduce metal mouth.
- Don't worry so much about dieting during treatment. You will find that your taste buds will change, and sometimes substantially, so you will need to eat what tastes good now. Bacon isn't the best food in the world, but if it's one of the few foods that actually taste good, don't deprive yourself. Experiment with different foods. Foods that you may have never liked, may actually taste good during treatment.
- Reach out to other cancer survivors who may have gone through the same treatment as you have. Ask them what they did to combat side effects or lift their spirits. You would be amazed at how much knowledge a cancer survivor is walking around with just waiting to be asked.
- Make sure those around you (your support system) understand that you will have times when you are sad, angry, frustrated, and other perceived negative emotions. Let them know it's ok for you to express those and you need them to understand. It does not take away from you fighting this disease or from your positive attitude!