

## PRE-TREATMENT TIPS FOR CAREGIVERS

Many of our callers and their caregivers take comfort in the tips experienced peer supporters have to offer. Below is a collection of suggestions from Sharsheret peer supporters that will benefit your loved one throughout their treatment. Not everyone has the same experience but these are some practical ways you may be able to help your loved one before treatment.

Sharsheret's Best Face Forward program offers helpful cosmetics and resources addressing the cosmetic side effects of breast and ovarian cancer treatment. To request a Best Face Forward kit, please encourage your loved one to **call Sharsheret at 866.474.2774** or email [clinicalstaff@sharsheret.org](mailto:clinicalstaff@sharsheret.org).

Purchase any topical creams your loved one may need to apply during the course of treatment. Ensure that your loved one wears clothes that are easy to remove, particularly if she is wearing a wig.

There are foods that have been known to alleviate that metallic after-taste common after certain chemotherapy treatments: pretzels, tart sucking candies, dry crackers, lemonade,

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tea, and starchy foods such as pasta. Stock up on these foods for your loved one and make sure they are accessible.

Mouth sores can be a side effect of chemotherapy. Ask your loved ones doctor about salt-water or baking soda mixtures with which she can rinse to prevent mouth sores. Prepare mixtures in water bottles that you can leave in her bathroom and kitchen for easy rinsing.

There are medications now available to manage some side effects. Make sure your loved one is aware of them and that she discusses this with her treatment team as well. Fill the necessary prescriptions in advance when possible.

Make sure your loved one has a ride to and from treatment. Arrange with friends and family for any assistance she might need traveling to and from treatment, or when she returns home - shopping, housekeeping, meal preparation, or babysitting.

Rent movies, buy magazines and books, pack snacks, load music on your portable device, and make sure your loved one has a sweater, wrap, or blanket when she goes to treatment.