

Chemo-Brain and Memory Problems

Many people with cancer and in cancer treatment have trouble thinking, remembering, and concentrating. Try these tips to help you manage mental cloudiness or “chemo-brain.”

TRY THIS

Follow a routine. Stay organized with a planner or calendar.

Leave notes for yourself. Post reminder notes where you'll see them, or set alerts on your phone.

CHECK THIS OUT

Visit the Springboard page on Chemo-Brain and Memory Problems.
<https://survivorship.cancer.gov/springboard/symptoms/chemo-brain>

Learn about chemo-brain (<http://goo.gl/frltU>) and memory changes (<http://go.usa.gov/xxADk>).

Get tips to manage memory or concentration problems.
<http://go.usa.gov/xxADk>