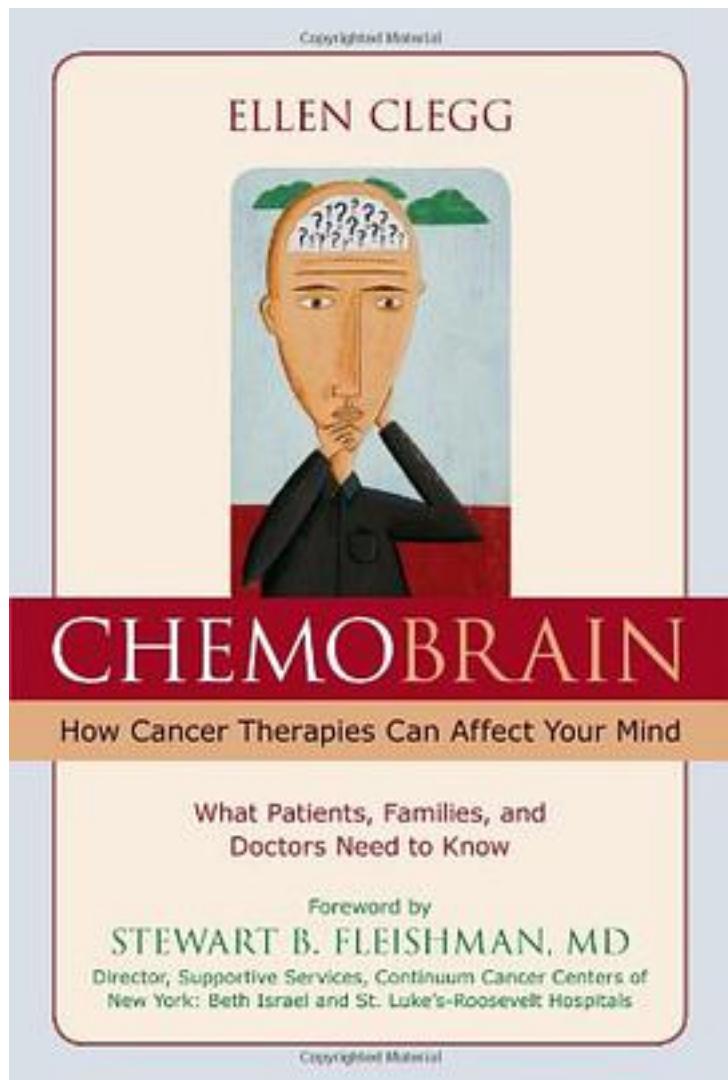


# Chemobrain



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The brain fog that afflicts many people who have undergone standard or high-dose chemotherapy is known as 'chemobrain'. In this clear, concise guide for cancer patients, survivors, families, friends, and caregivers, journalist Ellen Clegg provides the latest information on this much-discussed but poorly understood side effect of chemotherapy treatment. Based on interviews with physicians and scientists who have treated and studied this problem, Clegg explains in understandable terms how chemotherapy works at the most basic biological level and also provides practical tips for coping with the aftermath of chemotherapy treatment. The key areas she addresses include: tactics for dealing with cognitive problems, fatigue, and other lingering side effects; strategies for multitasking at home and re-entering the workforce; dealing with health insurance; the history of the patient empowerment movement that brought 'chemobrain' to the attention of the medical establishment in the first place; and the future of cancer research and the search for treatments that do less harm. This is the only book to delve into the cognitive problems associated with chemotherapy that many patients and survivors have complained of for years. "ChemoBrain" brings together cutting-edge science, the compelling stories of adults and children who have struggled for years with cognitive dysfunction, and the coping strategies being developed on the front lines of patient care.

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