# **Memory Changes**



"My nurse said that during treatment it may be hard to concentrate. I put important dates on the calendar. I also taped notes on the door to help me remember things."

### You or a family member should call your doctor or nurse if you:

- Feel confused
- Feel very sad or depressed
- Have a hard time thinking or remembering things

# What is causing these changes?

Your doctor will work to find out what is causing these problems. They may be caused by stress or a medicine you are taking. Or, they may be caused by the cancer, cancer treatment, or other health problems.

### Use the check list below to get helpful tips:

#### Plan your day.

- ☐ Do things that need the most thinking at the time of day when you feel best.
- ☐ Get extra rest.



#### Get help to remember things.

- ☐ Write down or tape record things you want to remember.
- ☐ Write down important dates and information on a calendar.
- ☐ Use a pill box or calendar to help keep track of your medicines.

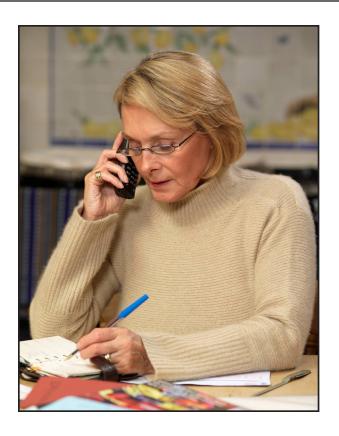
#### Ask for help.

- Ask a friend or family member for extra help when you need it.
- Ask your nurse or social worker for help to keep track of medicines and clinic visits.
- ☐ If you are very confused, have someone stay with you. Don't stay home alone.



# Questions to ask your doctor or nurse:

- 1. What problems should I call you about?
- 2. What could be causing these problems?
- 3. Is there medicine that can help me?
- 4. What other tips can you give me that might help?
- 5. How long will these problems last?



#### FREE SERVICES TO LEARN MORE

### National Cancer Institute Cancer Information Service

**Phone:** 1-800-4-CANCER (1-800-422-6237)

**TTY:** 1-800-332-8615 **Online:** www.cancer.gov

**Chat Online:** www.cancer.gov/help







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