

Annie Appleseed Project presents some ideas for chemobrain. If you can, INTEGRATE these during treatment for better outcomes

- 1) Growing evidence suggests that self-reported **physical activity** accounts for variability in cognitive function among older adults, and aerobic intervention may improve cognitive function in this population.
 - 2) Acupuncture may be helpful
 - 3) Dietary supplements like alpha lipoic acid, probiotics, FISH OIL, curcumin/turmeric
 - 4) Meditation (as a way to focus/refocus)
-

Lifestyle and home remedies Source: Mayo Clinic

You can take steps to ease chemo brain symptoms on your own. For instance, try to:

- **Control what you can about your working environment.** If noise and commotion are contributing to your distraction, try to find a quiet corner where you can concentrate. Soft music may help drown out other noises.
- **Prepare yourself for success.** Before tackling a complicated task that requires concentration, take steps to ensure that you will have the best chance for success. Eat so you won't be distracted by hunger. Pick a time of day when you'll be the most alert. Get a good night's sleep. Have a plan so you know exactly what you'll need to do in order to complete your task.
- **Stay organized.** Use calendars or planners to keep on task. That way you won't spend time wondering if you're forgetting an appointment or an item on your to-do list. Write everything down in your planner. Make organization a priority at home and at work, too. Having an organized work space means you can spend more time on tasks that you need to accomplish.
- **Clear your mind of distractions.** When distracting thoughts pop up, write them down in your planner. Recording your thoughts will help to quickly clear them and ensure that you remember them later.
- **Take frequent breaks.** Divide your tasks into manageable portions and take a break each time you complete one part. Give yourself a short rest so that you'll be able to continue later.
- **Exercise your brain.** Try crossword puzzles or number games to exercise your brain. Take up a new hobby or master a new skill, such as learning to play a musical instrument or learning a language.
- **Exercise your body.** Moderate exercise, such as brisk walking, can help you cope with stress, fatigue and depression. All can contribute to memory problems. If you haven't been active lately, get the OK from your doctor first.

Alternative medicine

No alternative treatments have been found to cure chemo brain. If you're interested in trying alternative treatments for your symptoms, discuss the risks and benefits with your doctor. Alternative treatments for other types of memory problems are also touted as helpful for chemo brain, such as:

- **Ginkgo.** Supplements containing ginkgo leaves have shown some promise in treating age-related memory changes in older adults, but more study is needed. Ginkgo supplements are generally safe, but they can interfere with some common medications, including blood thinners. Talk to your doctor before beginning ginkgo supplements.
- **Vitamin E.** Vitamin E may be beneficial for brain cells, but more study is needed. Vitamin E supplements are generally safe when taken in recommended doses, but they can interfere with common medications, including blood thinners and chemotherapy drugs. It may be easier and safer to choose foods that are high in vitamin E, such as vegetable oils and eggs.

Coping and support

Chemo brain symptoms can be frustrating and debilitating. With time, you'll find ways to adapt so that concentration will become easier and memory problems may fade. Until then, there are ways to cope. Try to:

- **Understand that memory problems happen to everyone.** Despite your best strategies for dealing with your memory changes, you'll still have the occasional lapse. It happens to everyone. While you may have little control over the cancer-treatment-related memory changes, you can control other causes of memory lapses that are common to everyone, such as being overly tired, distracted or disorganized.
 - **Take time each day to relax.** Stress can contribute to memory and concentration problems. Devote time each day to stress-relief activities, such as exercise, listening to music, meditation or writing in a journal.
 - **Be honest with others about your symptoms.** Be open and honest with the people who are close to you about your chemo brain symptoms. Explain your symptoms and also suggest ways friends and family can help. For instance, you might ask a friend to remind you of plans by both phone and email.
-

Dr. Robert Avery:

There are two therapies that are overlooked by modern medicine that can effectively treat dementia and chronic inflammatory cytokines these are ginkgo biloba and diet.

Ginkgo biloba has been used in traditional Chinese medicine for thousands of years. It has many beneficial effects including improving blood circulation which is helpful in patients with claudication. It has also been found to improve function in early dementia due to either vascular disease or Alzheimer's disease. Ginkgo improves circulation by increasing anti-inflammatory cytokines. Therefore it seems reasonable to suppose that ginkgo would be beneficial to patients with chemo brain since their form of dementia is caused by inflammatory cytokines.

Perhaps the most forgotten therapy to prevent and treat diseases is diet. Too often patients look for a pill to treat their illness when a change in diet can be very beneficial. The typical American diet is high in animal fats, trans-fats, corn oil, refined sugars, and carbohydrates and it lacks fruits and vegetables. This type of diet leads to an increased risk of heart disease, stroke, and cancer. We know that inflammatory cytokines play a major role in the etiology of these diseases. Multiple studies have shown that a diet rich in fruits, vegetables, and omega-3 fatty acids can prevent these diseases by their anti-inflammatory and anti-oxidant actions. In many ways, we are causing the very chronic diseases that plague us.

The treatment or prevention of chemo brain is a simple process that focuses on the root cause of the dementia namely inflammation. We already know that certain diets and ginkgo can treat and prevent certain diseases caused by inflammatory cytokines. The most prudent approach to treating or preventing chemo brain is a diet rich in omega-3 fatty acids, fruits, vegetables, and ginkgo biloba.

Article Source: <http://EzineArticles.com/1416064>