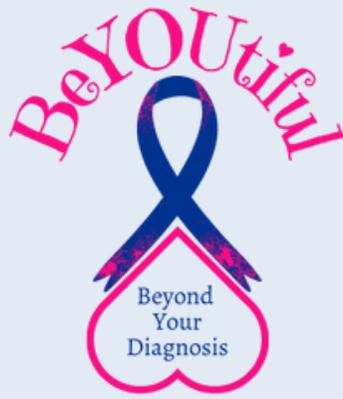


My Daily Memos



A personal
tracker for
My Journey



These Daily
Memos
Belong to:



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Disclaimer

The intent of this book is to be a supportive tool for the cancer patient. It is not for diagnosis or treatment of any health-related issue whatsoever. This book does not replace help and support by health-care professionals.

This book is not intended to be a substitute for medical advice or treatment.

Any person with a condition requiring medical attention should consult a qualified medical practitioner or suitable therapist.

Under no circumstances will any legal responsibility or blame be held against the author and publisher for any reparation, damages or monetary loss due to the information herein, either directly or indirectly.

How to Use This Book of Memo's

This Memo Book has been created to help you through *Your "journey"*
- *no matter where you are* - in your journey.

I was diagnosed just *39 days apart* with BOTH *Breast* and *Rectal* Cancer and I really needed help with keeping all of my important information together and a place to jot down my thoughts and emotions of everything that was happening - it's like a roller-coaster!

As you go through this - *things will change* - like your priorities, thoughts, feelings, goals and values. And that's *OK!* This book will help you with all of that!

In the early pages of this book, you will find the information you will need for all your appointments / treatments, (they are different) and personal info.

After that, you will find gratitude - YES - gratitude . Just being thankful for the "little" things makes a huge difference! I know this journey is going to SUCK but there are also good things that can come out of this too - sometimes you just have to look a little harder. That's what the writing prompts are for.

After Gratitude, you will find helpful tips for getting through chemo and radiation, some coping ideas, info on lymphedema and helpful questions to ask your doctor and/or oncologist.

I want to help you get through this! From one Warrior to the next - you can still smile, still have fun, see and be grateful for the little things! Will it be easy? NOPE! But you CAN do this!
And through this book, I'll be "with you" every step of the way!

All of my treatments were at The Cross Cancer Institute in Edmonton, Alberta, Canada and one of my ways for saying Thankyou to them, is by giving back a "Loonie" (\$1) (if you live in Canada, you know) :) from every book sold. If you know someone who's just been diagnosed, in the middle of their journey or even approaching the end of treatments (there is still a lot that happens) let them know this book is available ... better yet, buy it for them - you will be helping out- more than you know. Thankyou!

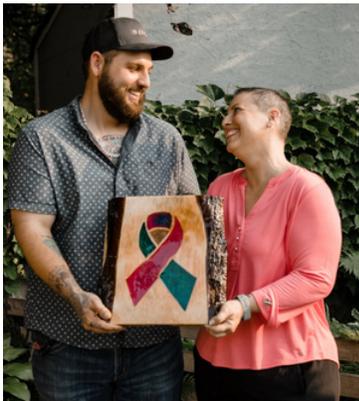


A Little About Me ...

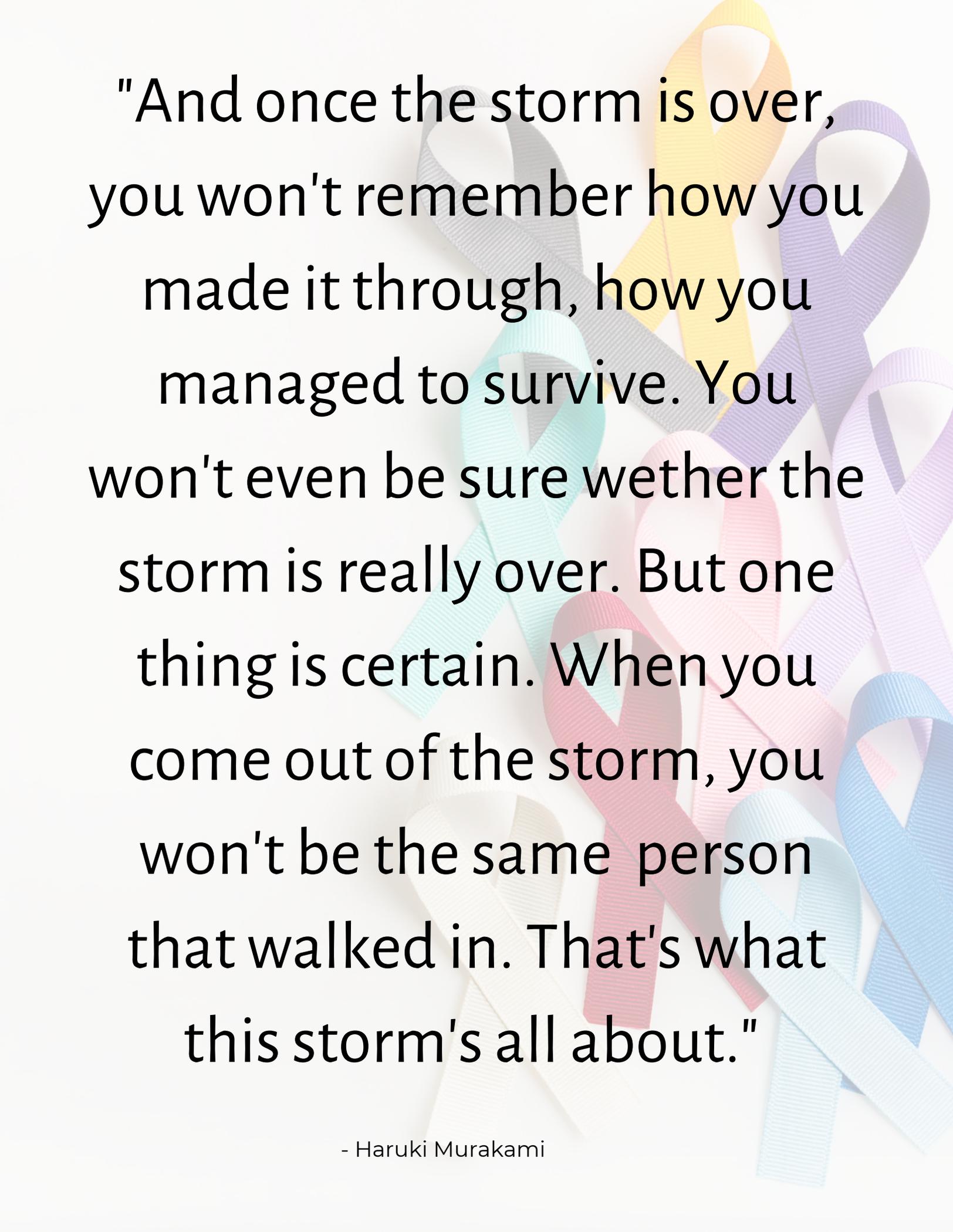
I have a wonderful, supportive family - two loving parents, a younger brother and the most amazing son a mother could ask for! He will always be my "little man" and he is also my little miracle.

When I was 16, I was diagnosed with Endometriosis and IBS (Irritable Bowel Syndrome) and I was told I would never have children. Well, surprise, after two laseroscopies, I found out I was pregnant and had my beautiful brown-haired, blue-eyed little miracle. I had more laseroscopies, my appendix removed and finally a partial hysterectomy in 2004.

Fast forward to January of 2021 - when I found a lump in my breast. Had to have a single right-side mastectomy, March 15th, 2021 and then on March 29, 2021, I heard those same three devastating words - "you have cancer" only this time it was Rectal Cancer. I had 56 radiations and 9 rounds of chemo total and am on my way to living a happy, healthy, vibrant life - and SO CAN YOU!



I am not one to "sugar-coat" things, so I will say that having Cancer - SUCKS! There really is no other way to say it. Now, having said that, seeking different strategies help so much! Talking to others that are going through the "same" things you are, is so beneficial. There are many ways I've learned how to cope, reach out and we can have a raw, yet tender talk :) - my contact info is on the last page.



"And once the storm is over,
you won't remember how you
made it through, how you
managed to survive. You
won't even be sure whether the
storm is really over. But one
thing is certain. When you
come out of the storm, you
won't be the same person
that walked in. That's what
this storm's all about."

- Haruki Murakami

Important Information List

Name:	Name:
Cell No:	Cell No:
Address:	Address:
Family Emergency Contacts	Medical Emergency Contacts
Name:	Doctor/Oncologist:
Relationship:	Clinic:/Phone No:
Cell No:	Address:
Address:	Pharmacy:
Name:	Doctor/Oncologist:
Cell No:	Clinic/Phone No:
Relationship:	Address:
Address:	Pharmacy:
Personal Insurance Details	Hospital/Other Contacts:
More Important Notes	

M

T

W



IMPORTANT THINGS TO DO (AT THE BEGINNING)

- Go to the Dentist
- Maintain your Routine
- Stay Hydrated
- Get Plenty of Rest
- Take Care of Your Mental Health
- Journal, Meditate, Yoga (start/give it a try)
- Moisturize Daily
- Daily Movement - Go For a Walk
- Prepare Digital Entertainment
- Add Protein / Reduce Inflammation
- Meal Prep / Stock up on Healthy Snacks
- Manicure / Pedicure
- Consider Cutting Your Hair / Head Coverings
- Listen Carefully and Record Information
- Organize Medication
- Pack Your Chemo (Treatment) Bag

T

F

S

S

NOTES

TO DO LIST

Scanxiety

Scanxiety: Like regular anxiety but so much worse. Write down how you're feeling before/after your scan.





Just a little reminder . . .



Symptoms / Feelings / Energy / Mood

- Acid Reflux
- Anger
- Anxiety
- Bladder Issues
- Bloating
- Brain Fog
- Constipation
- Dark Urine (UTI)
- Diarrhea
- Difficulty Concentrating
- Difficulty Sleeping
- Dry Eyes
- Drowsiness
- Energy Levels
- Facial Numbness
- Fear
- Feeling Depressed
- Guilt
- Hair Loss
- Heart Palpitations
- Headache/Migrane
- Joint Pain
- Loneliness
- Low Grade Fever
- Low Mood
- Mouth Sores
- Muscle Pain
- Nausea
- Numbness
- Over Sleeping
- Overwhelmed
- Pain
- Rash
- Ringing in Ears
- Sensitivity to Light
- Sensitivity to Sound
- Stressed
- Swollen Lymph Nodes
- Tingling
- Vision Problems
- Weakness
- And more ...

Scanxiety

Scanxiety: Like regular anxiety but so much worse. Write down how you're feeling before/after your scan.



This page is in here a few times ... for future scans ... it seems like they never end.

Cancer is a word, not a sentence.

– John Diamond

Love and laughter are two of the most important universal cancer treatments on the planet.

Overdose. on them.

– Tanya Masse

Once you choose hope,
anything's possible

– Christopher Reeve

Cancer is only going to be a chapter in your life,
not the whole story.

– John Wasser

GRATITUDE

noun - the quality of being thankful; readiness to show appreciation for and to return kindness

Hi – Person Using This,

Writing is a great stress reliever as well as a way to cope with your thoughts, feelings, emotions and fears about your journey but it can also be a little bit intimidating for some (including me) so that's why you will find "prompts" to help you along the way. Studies show that expressing what you're thankful for leads to advantages like better sleep, improved self esteem, reduced stress and so much more.

Finding gratitude or being thankful someday, is going to be tough, believe me, but you just have a look around, use the prompts and I know it will get better each day.

"This is a wonderful day. I've never seen this one before."

- Maya Angelou

Today I'm grateful for...

Date:

Today I'm thankful for...

Date:

Today I'm grateful for...

Date:

Today I'm thankful for...

Date:

Affirmations

- the practice of positive thinking and self-empowerment -

I am energetic

I am amazing

I am beautiful

I am strong

I choose to be in a good mood

I am perfectly imperfect

I am awesome

I am motivated

I am patient with myself

I am bold

I am brave

I am special

I am happy

I am confident

I am a shining light

I am outgoing

I am courageous

I am powerful

I love and accept myself

I choose to be positive

I am making today count

I am pretty

I am enough

I am loving

I am getting better everyday

I am worthy

I am charismatic

I am relentless

I am me

I treat myself with kindness and compassion

I am calm

5 MINUTE JOURNALING

WHAT AM I GRATEFUL FOR TODAY

WHAT AM I FEELING TODAY

AFFIRMATIONS



TOP 3 THINGS ABOUT TODAY

WHAT EMOTIONS HAVE YOU FELT TODAY?



HOW WOULD YOU RATE THE DAY?



WHAT MADE ME FEEL HAPPY

3 THINGS FOR TOMORROW

Daily check in

DATE _____

TODAY I'M GREATFUL FOR

- _____
- _____
- _____

TODAY'S AFFIRMATION

TODAY I FELT



WHAT I WANT TO REMEMBER ABOUT TODAY

WHAT WAS THE BEST THING ABOUT TODAY?

THINGS I DID TODAY

- _____
- _____
- _____
- _____

A REASON TO SMILE RIGHT NOW

MY RANKING OF TODAY



Daily check in

DATE _____

TODAY I'M GREATFUL FOR

- _____
- _____
- _____

TODAY'S AFFIRMATION

TODAY I FELT



FAVOURITE SHOW YOU WATCH

WHAT'S YOUR FAVOURITE FOODS

THINGS I DID TODAY

- _____
- _____
- _____
- _____

A REASON TO SMILE RIGHT NOW

MY RANKING OF TODAY



Daily check in

DATE _____

TODAY I'M GREATFUL FOR

- _____
- _____
- _____

TODAY'S AFFIRMATION

TODAY I FELT



FAVOURITE HOBBY

WHO ARE YOUR FAVOURITE PEOPLE

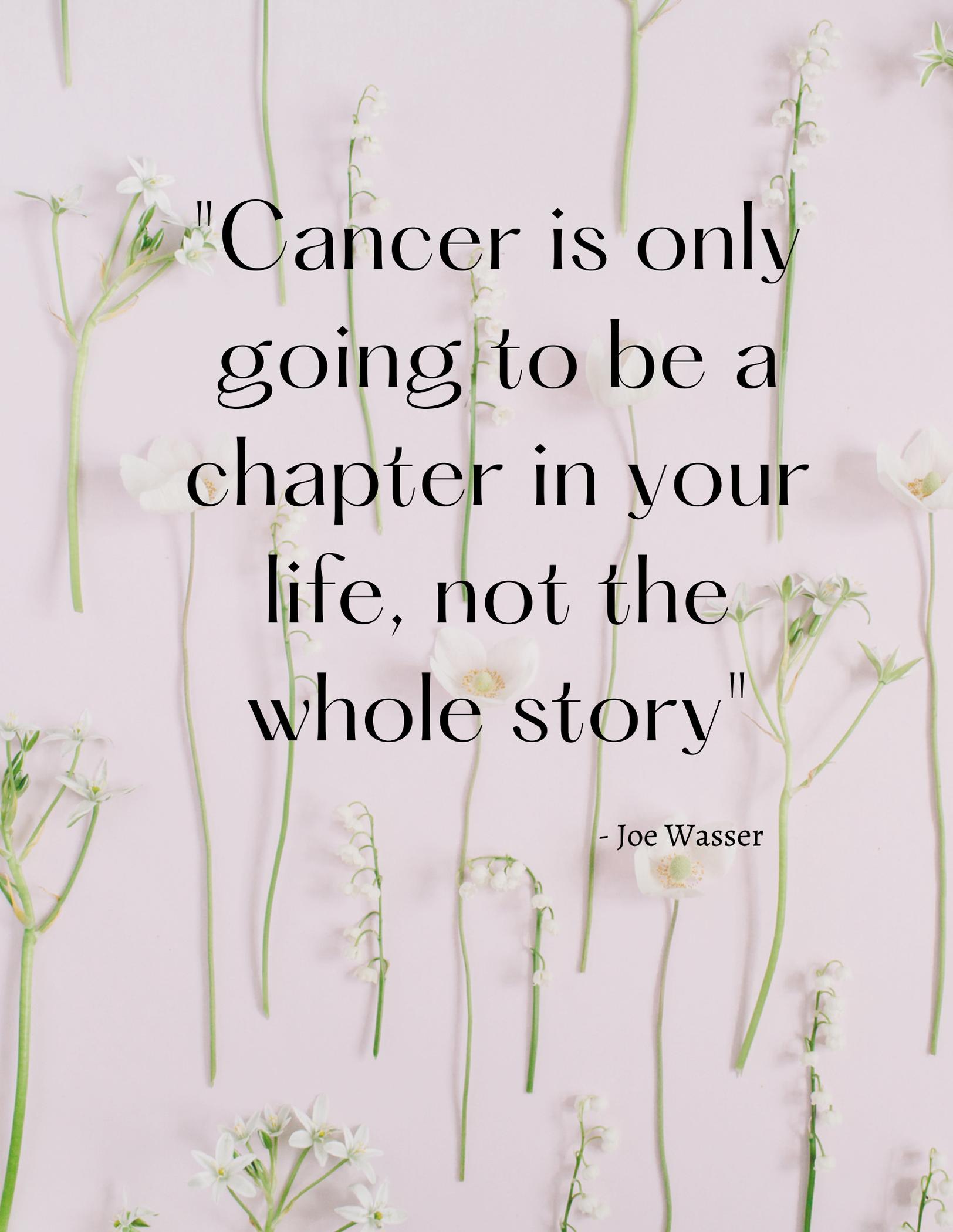
FAVOURITE MOVIES

- _____
- _____
- _____
- _____

A REASON TO SMILE RIGHT NOW

MY RANKING OF TODAY





"Cancer is only
going to be a
chapter in your
life, not the
whole story"

- Joe Wasser

Daily check in

DATE _____

TODAY I'M GREATFUL FOR

- _____
- _____
- _____

TODAY'S AFFIRMATION

TODAY I FELT



SOMEONE I GET TO SPEND TIME WITH TODAY

WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW

THINGS I WANT TO DO TOMORROW

- _____
- _____
- _____
- _____

A REASON TO SMILE RIGHT NOW

MY RANKING OF TODAY



*There's no "right" way
to get through this.*

There is just "through".



**You're allowed
to *scream*,
you're allowed
to *cry*, but do
not *give up*.**

—Unknown

5 MINUTE JOURNALING

DATE

List things you HAVE EVERYDAY that you can be grateful for but you rarely manage to appreciate. (running water, comfy bed, electricity, technology, etc)

What was a challenge or lesson I learned. (possibly from a difficult situation)

Daily check in

DATE _____

TODAY I'M GREATFUL FOR



TODAY'S AFFIRMATION

HAPPIEST MEMORY

THINGS I DID FOR MYSELF TODAY



TODAY I FELT



A REASON TO SMILE RIGHT NOW

FAVOURITE BOOKS

MY RANKING OF TODAY



Today I'm thankful for...

Date:

Today I'm grateful for...

Date:

Today I'm thankful for...

Date:

Daily check in

DATE _____

TODAY I'M GREATFUL FOR



TODAY'S AFFIRMATION

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT MAKES YOU THE HAPPIEST



TODAY I FELT



A REASON TO SMILE RIGHT NOW

WHAT IS MY MOST UNIQUE CHARACTERISTIC

MY RANKING OF TODAY



My Week

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Daily check in

DATE _____

TODAY I'M GREATFUL FOR



TODAY'S AFFIRMATION

TODAY I FELT



I AM GOOD AT ...

HOW DO YOU FILL YOUR
SELF-CARE CUP

I AM CAPABLE OF ...



A REASON TO SMILE RIGHT NOW

MY RANKING OF TODAY



Daily check in

DATE _____

TODAY I'M GREATFUL FOR



TODAY'S AFFIRMATION

WHAT WAS THE BEST THING ABOUT TODAY?

EVEN ON BAD DAYS I AM STILL ...



TODAY I FELT



WRITE YOUR FAVOURITE QUOTE

WHAT I WANT TO REMEMBER ABOUT TODAY

MY RANKING OF TODAY



Daily check in

DATE _____

TODAY I'M GREATFUL FOR



TODAY'S AFFIRMATION

TODAY I FELT



BOUNDARIES YOU HAVE FOR YOURSELF

WHAT ARE SOME WAYS YOU CAN ENCOURAGE YOURSELF

WHAT DO YOU NEED MORE OF



WHAT DO YOU NEED LESS OF

MY RANKING OF TODAY



Today I'm thankful for...

Date:

Today I'm grateful for...

Date:

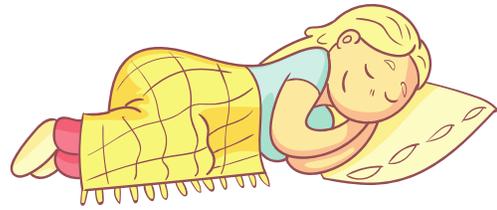
Beyond
Your
Diagnosis

Today I'm thankful for...

Date:

Cancer fatigue is normal . . .

Take time in your day to rest. Take short naps, read a few pages in a book, stop and listen to a few songs, sit outside ...save your energy for your most important activities.



Stay
HYDRATED

Stay Hydrated ...

Have a water bottle (or your choice of beverage) by your side and take sips throughout the day. Staying hydrated is very important as fluids help decrease fatigue, physical weakness, nausea and constipation. Fluids also help the body flush out toxins and waste.

You are MORE THAN the Scars . . .

Everything changes when you have cancer! You may feel self-conscious because you: had surgery, an ostomy, experience limb loss, weight gain or loss, changes in skin-colour, hair loss and the list goes on. You may feel not worthy and/or withdrawn from friends and family. Please take the time to Grieve! You are MORE THAN the scars cancer left behind and you can learn to focus on the ways cancer has made you stronger.

**BE
BRAVE**



Journaling . . .

What more can I say about journaling? It can help process what is going on. The prompts help to change your mood for the better and increase your self-awareness. These prompts are designed to shift your attention, release worries, anxiety and reduce stress. Focusing on appreciation and gratitude can turn obstacles into opportunities.

Laughter . . .

Believe it or not - it's OK to laugh - especially outloud! Learning to laugh during cancer is Not easy - but if you can find humour in the midst of the pain - it can actually be healing.



Daily check in

DATE _____

TODAY I'M GREATFUL FOR



TODAY'S AFFIRMATION

MUSIC I ENJOYED LISTENING TO
TODAY

THINGS I DID TODAY THAT MADE
ME HAPPY



TODAY I FELT



A REASON TO SMILE RIGHT NOW

LITTLE THINGS THAT MADE MY
DAY

MY RANKING OF TODAY



Daily check in

DATE _____

TODAY I'M GREATFUL FOR



TODAY'S AFFIRMATION

WHAT WAS THE BEST THING ABOUT TODAY

THINGS AROUND YOU THAT BRING YOU JOY



TODAY I FELT



WHO IN YOUR LIFE BRINGS YOU THE MOST JOY WHEN YOU SEE THEM

A REASON TO SMILE RIGHT NOW

MY RANKING OF TODAY



Daily check in

DATE _____

TODAY I'M GREATFUL FOR



TODAY'S AFFIRMATION

WHAT IS A SMALL ADVENTURE
YOU CAN TAKE TODAY

WHAT ARE YOUR GREATEST
SUPER POWERS OR SKILL SETS



TODAY I FELT



A REASON TO SMILE RIGHT NOW

LITTLE THINGS THAT MADE MY
DAY

MY RANKING OF TODAY



Scanxiety

Scanxiety: Like regular anxiety but so much worse. Write down how you're feeling before/after your scan.



This page is in here a few times ... for future scans ... it seems like they never end.

Daily check in

DATE _____

TODAY I'M GREATFUL FOR

TODAY'S AFFIRMATION

TODAY I FELT



I'VE CHOSEN TO BE HAPPY
BECAUSE ...

WHAT IS YOUR FAVOURITE WAY
TO RELAX

TAKE A LOOK AROUND WHAT ARE
4 THINGS YOU CAN SEE THAT YOU
HAVEN'T NOTICED BEFORE

A REASON TO SMILE RIGHT NOW

MY RANKING OF TODAY



Today I'm thankful for...

Date:

Today I'm grateful for...

Date:

Today I'm thankful for...

Date:

Coping Ideas

- Yoga
- Write a letter
- Get a mani/pedi
- Draw
- Massage
- Take a walk
- Call a friend
- Use a fidget toy
- Make a positive playlist
- Bake
- Craft
- Pray
- Read
- Sing
- Dance
- Stretch
- Exercise
- De-clutter
- Rearrange Furniture
- Take a bath
- Rest
- Watch your favourite movie
- Unplug from Social Media
- Nap
- Meditate
- Go outside
- Breathe deeply
- Colour
- Take your vitamins
- Sew
- Run
- Play with a pet
- Hydrate
- Take a shower
- Knit
- Journal
- Garden
- Watch the sunset
- Try a DIY project
- Play a game
- Solve a puzzle
- Try a new recipe
- Think positively
- Take a break
- Listen to a podcast
- Clean

Daily check in

DATE _____

TODAY I'M GREATFUL FOR



TODAY'S AFFIRMATION

WHAT MAKES YOUR FAMILY
UNIQUE

I LAUGHED TODAY BECAUSE ...



TODAY I FELT



A REASON TO SMILE RIGHT NOW

FAVOURITE GAME OR APP.

MY RANKING OF TODAY



Daily check in

DATE _____

TODAY I'M GREATFUL FOR



TODAY'S AFFIRMATION

WHAT IS THE BEST THING ABOUT TODAY

THINGS THAT MAKE ME FEEL CALM



TODAY I FELT



A REASON TO SMILE RIGHT NOW

FAVOURITE GAME OR APP.

MY RANKING OF TODAY



Daily check in

DATE _____

TODAY I'M GREATFUL FOR



SOMETHING I LEARNED TODAY

TODAY'S AFFIRMATION

WHAT ARE YOUR BIGGEST
ACHIEVEMENTS



TODAY I FELT



A REASON TO SMILE RIGHT NOW

A SIMPLE PLEASURE YOU ENJOY

MY RANKING OF TODAY



Daily check in

DATE _____

TODAY I'M GREATFUL FOR



TODAY'S AFFIRMATION

TODAY I FELT



WHAT MAKES YOU UNIQUE

WHAT MAKES LIFE A BLESSING

THINGS I CAN DO TODAY



A REASON TO SMILE RIGHT NOW

MY RANKING OF TODAY



Gratitude

Date: _____

Today I am feeling...

Today I will be kind to myself by...

My affirmation for today is...

My mood this morning is...



Calm



Rested



Creative



Happy



Angry



Sad



Anxious



Playful



Today I'm thankful for...

Date:

Today I'm grateful for...

Date:

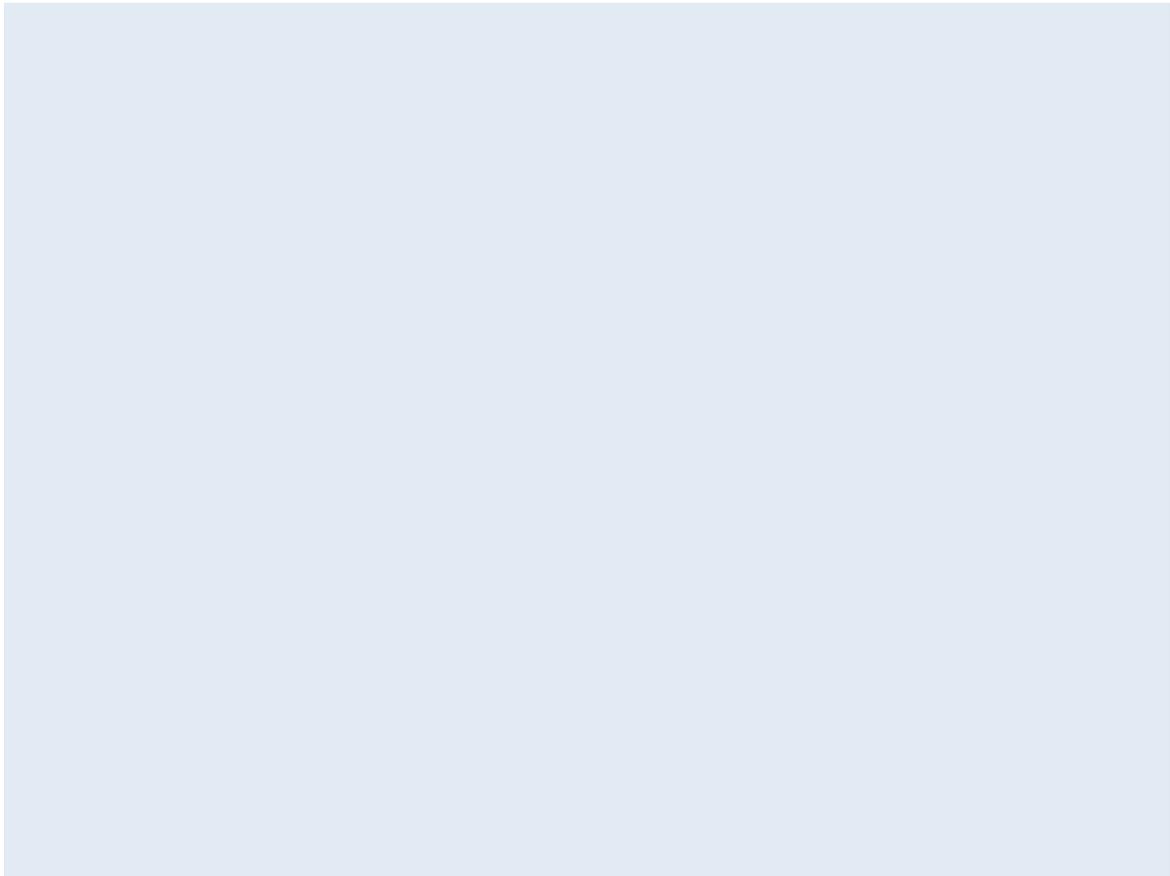
Today I'm thankful for...

Date:

Surrender to the Moment

Take a DEEP breath and observe ALL that is happening in and around you

Write down all the sounds you can hear and scents you smell



Daily check in

DATE _____

TODAY I'M GREATFUL FOR

- _____
- _____
- _____

TODAY'S AFFIRMATION

TODAY I FELT



WHO INSPIRES YOU

THINGS THAT MAKE YOU PROUD

THINGS THAT MAKE ME A GREAT PERSON

- _____
- _____
- _____
- _____

A REASON TO SMILE RIGHT NOW

MY RANKING OF TODAY



Daily check in

DATE _____

TODAY I'M GREATFUL FOR

- _____
- _____
- _____

TODAY'S AFFIRMATION

TODAY I FELT



WHAT'S THE BEST RELATIONSHIP YOU HAVE/HAD

NEW THINGS YOU SAW, DID AND/OR LEARNED

IF YOU WERE A CARTOON CHARACTER, WHO WOULD YOU BE

- _____
- _____
- _____
- _____

A REASON TO SMILE RIGHT NOW

MY RANKING OF TODAY



Daily check in

DATE _____

TODAY I'M GREATFUL FOR

○

○

○

TODAY'S AFFIRMATION

WHEN DID YOU LAUGH SO MUCH
IT HURT

LESSONS YOU'VE LEARNED ABOUT
YOURSELF

○

○

○

○

TODAY I FELT



A REASON TO SMILE RIGHT NOW

BEST ADVICE YOU'VE RECEIVED

MY RANKING OF TODAY



Daily check in

DATE _____

TODAY I'M GREATFUL FOR



TODAY'S AFFIRMATION

WHAT MAKES ME FEEL HAPPY

WHAT DO YOU FEEL GOOD ABOUT
RIGHT NOW



TODAY I FELT



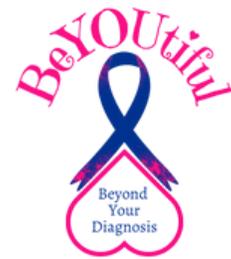
A REASON TO SMILE RIGHT NOW

BEST THINGS ABOUT TODAY

MY RANKING OF TODAY



I AM SO GRATEFUL



**WE ARE ALL A LITTLE BROKEN. BUT
LAST TIME I CHECKED, BROKEN
CRAYONS STILL COLOR THE SAME.**

- TRENT SHELTON



Treatment Day

Wear loose, comfortable clothing. that allows for a port access (if applicable)



Pack a bag with:

- Clinic/Hospital Required Documents
- Masks/Sanitizer/Wipes
- Money - Cash/Credit Card/Debit Card
- Water Bottle - Glass if Possible
- Lip Balm
- Digital Downloads
- Phone/Charger/Computer/Headphones
- Warm Socks/Slippers
- Dress in Layers
- Journal/Notepad/Pen/Markers
- Mints/Snacks/Gum
- Citrus/Peppermint Essential Oil
- Cold Cap/Cold Mittens/Cold Socks (if applicable)
- Books/Magazines
- Blanket/Comfort Item
- Personal Support - Best Friend/Family Member
**this person won't fit in your bag :)

Today I'm thankful for...

Date:

Today I'm grateful for...

Date:

Today I'm thankful for...

Date:

Daily check in

DATE _____

TODAY I'M GREATFUL FOR

- _____
- _____
- _____

TODAY'S AFFIRMATION

TODAY I FELT



FAVOURITE SNACKS

FAVOURITE SEASON - WHY

FAVOURITE ACTIVITIES TO DO

- _____
- _____
- _____
- _____

A REASON TO SMILE RIGHT NOW

MY RANKING OF TODAY



Daily check in

DATE _____

TODAY I'M GREATFUL FOR



TODAY'S AFFIRMATION

THINGS I WANT TO REMEMBER ABOUT TODAY

THINGS I DID FOR MYSELF TODAY



TODAY I FELT



A REASON TO SMILE RIGHT NOW

FAVOURITE SUBJECT (IN SCHOOL OR NOW)

MY RANKING OF TODAY



Chemotherapy

I am not one to "sugar-coat" things, so I will say that having to have chemo - SUCKS!

There really is no other way to say it. Now, having said that, seeking ways to cope with chemo, like acupuncture and massage are worth looking into as they can really help with a lot of the side effects.

With chemo, comes ALL sorts of side effects (see next page - and there are many more) there may also be medications you will have to take, like anti-nausea pills, some of those are steroids and may cause weight gain or loss, there is also chemo-brain, chemo-belly and chemo-induced-menopause --

if I start on these last three, we won't get through this journal! (haha). Talking to others that are going through the "same" things you are, is also beneficial. There are many ways I've learned how to cope, book a call and we can have a raw, yet tender talk :) - my contact info is on the last page.

please also talk with your Chemo Oncologist about side effects you are experiencing and ways to cope.



Hair
Loss



Truth bomb here - I was more scared of losing my hair, than I was of getting chemo!
I ended up shaving my head - with my family - my son cut my ponytail, then each person took a turn at shaving my head. There were so many tears shed and yet - there was laughter - and so much hair on the ground! When all is said and done - **bald is the new sexy!**

Today, there are so many ways to help with hair loss - from wigs to hats / caps / scarves / ball caps with hair attached and more.

I am in NO WAY saying it is going to be easy - in fact - it's going to be very emotional (for some) but I am saying there are many ways to help you still feel - pretty, beautiful, gorgeous and sexy.

Reach out to your Chemo Oncologist and ask for recommendations for a Wig shop (if that's the way you prefer to go - I found them itchy and I really liked the way my head looked bald, so that's the way I stayed - when I had to go "out" to appointments / treatments, I just put a hat on.)

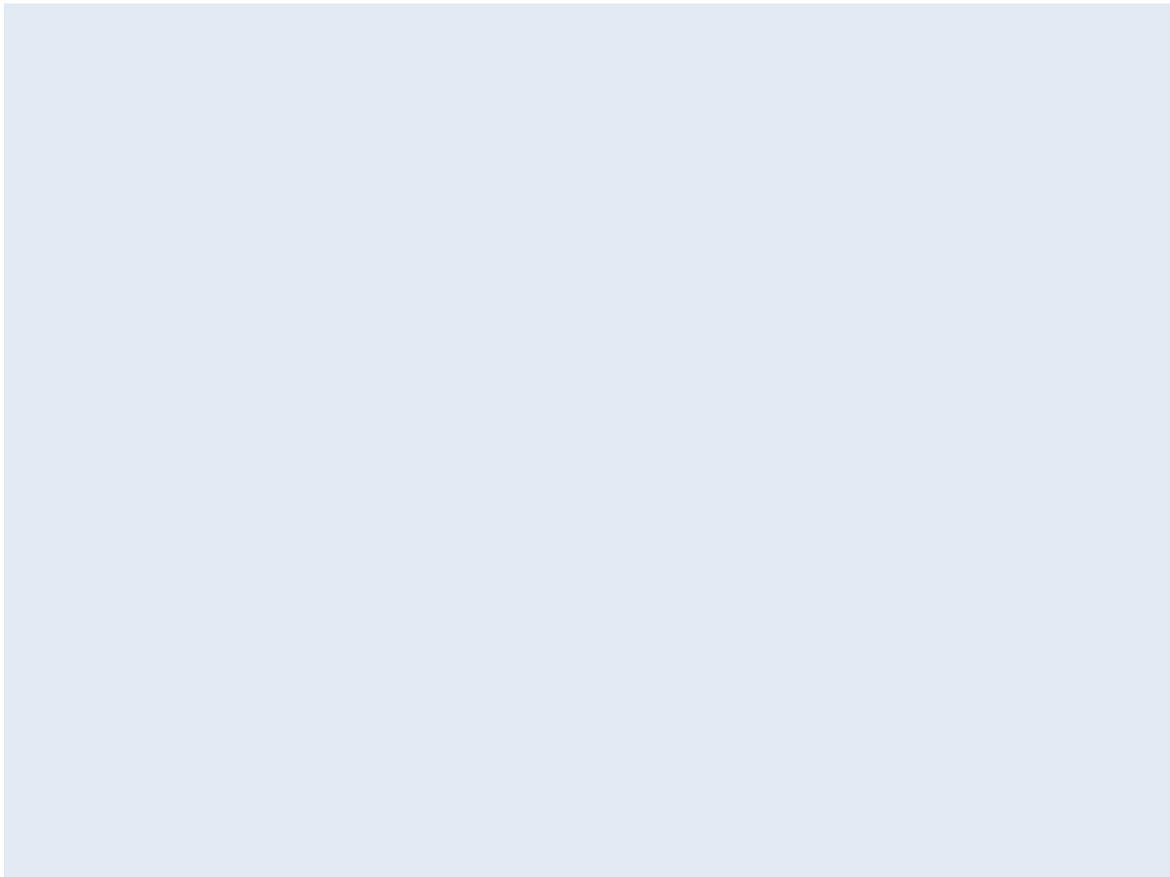
Symptoms / Feelings / Energy / Mood

- Acid Reflux
- Anger
- Anxiety
- Bladder Issues
- Bloating
- Brain Fog
- Constipation
- Dark Urine (UTI)
- Diarrhea
- Difficulty Concentrating
- Difficulty Sleeping
- Dry Eyes
- Drowsiness
- Energy Levels
- Facial Numbness
- Fear
- Feeling Depressed
- Guilt
- Hair Loss
- Heart Palpitations
- Headache/Migrane
- Joint Pain
- Loneliness
- Low Grade Fever
- Low Mood
- Mouth Sores
- Muscle Pain
- Nausea
- Numbness
- Over Sleeping
- Overwhelmed
- Pain
- Rash
- Ringing in Ears
- Sensitivity to Light
- Sensitivity to Sound
- Stressed
- Swollen Lymph Nodes
- Tingling
- Vision Problems
- Weakness
- And more ...

Surrender to the Moment

Take a DEEP breath and observe ALL that is happening in and around you

Write down all the sounds you can hear and scents you smell



Radiation Creams

Water based moisturizers are recommended for use on the treatment area skin during treatment and once treatment has been completed (- Radiation Therapy, Cross Cancer Institute)
Avoid moisturizers that are alcohol-based, contain fragrance or contain zinc.

Some recommended moisturizers include:
Aquaphor / Glaxal base cream / Keri lotion / Aveeno / Cetaphil / Lubriderm

During radiation, at the treatment site, you may experience:
Redness / Tenderness / Dryness / Tightness / Flakiness / Peeling / Itchiness / Blisters

Other moisturizers may be acceptable. **Please ask your Radiation Oncologist or Radiation Therapist if the moisturizer you already have is OK to use during treatment.**

Vaginal Moisturizers

Vaginal Moisturizers are NOT the same as Personal Lubricants.
Vaginal Moisturizers are used to help RESTORE a woman's natural vaginal lubrication and acid-base (PH balance in the vagina) Both lubrication and PH balance can be lost due to hormonal changes or other causes. While commonly used for women in perimenopausal or menopausal phase of life, they can be useful for women in the postpartum period or those with other medical conditions - diabetes or certain cancers.

Non-Hormonal Moisturizers: Repagyn / Mae / Replens

Vulvar Moisturizer /Protectors (for outer tissues): Coconut Oil (100% natural) / Vaseline / Aquaphor

I know sometimes this can be a sensitive topic to discuss but in all honesty - after radiation for my rectal cancer - I ended up with a pro-lapsed bladder and multiple vaginal issues. No questions are too silly or sensitive to ask your physician .

PLEASE check with your physician for any issues you may be having or help that you need

Lymphedema

- the build up of soft body tissues when the lymph system is damaged or blocked

Muscle contractions enhance lymphatic drainage, which is why daily exercise is strongly encouraged. Try to incorporate exercise as part of your routine and daily practice to optimize your health and maximize benefits on your lymphatic system.

When starting any exercise program, start slowly and progress gently as your body adapts.

Compression sleeves or bandages should be worn during exercises**

I am not a doctor - please speak with your lymphedema specialist about sleeves and an exercise program customized for you

Some helpful tips:

- take frequent rest periods during activity to allow for limb recovery
- if possible, avoid having blood pressure taken on the at-risk extremity
- wear non-constrictive clothing and jewelry
- monitor the extremity during and after activity for any change in size, shape, soreness, heaviness, firmness, tissue or texture
- protect exposed skin with sunscreen and insect repellent
- if possible, avoid punctures and blood draws
- keep extremity clean and dry
- attention to nail care, do not cut cuticles
- use care with razors to avoid nicks and skin irritation
- avoid exposure to extreme cold, which can be associated with rebound swelling
- avoid prolonged (greater than 15 min) exposure to heat, particularly hot tubs and saunas
- if a rash, itching, redness, pain, increased skin temperatures, increased swelling, fever or flu-like symptoms occur - contact your physician immediately for early treatment of possible infection

again - I am not a doctor - but I do have lymphedema - these were all things I was told and given information on - please check with your specialist for further information

Keep Receipts for:

- Prescriptions
- Doctor
- Counselling/Therapist
- Massage
- Accupuncture
- Gas/Fuel
- Track Miles/Kilometers to/from appointments
- Hospital Visits
- Food (on treatment day)
- Parking

Special Items:

- Adult Underwear/Depends
- Creams/Moisturizers (Radiation)
- Medical Bandages
- Drain Holder(s) (Mastectomy)
- Vaginal Creams
- Squatty Potty

Scanxiety

Scanxiety: Like regular anxiety but so much worse. Write down how you're feeling before/after your scan.



This page is in here a few times ... for future scans ... it seems like they never end.

Questions to ask your Doctor / Oncologist:

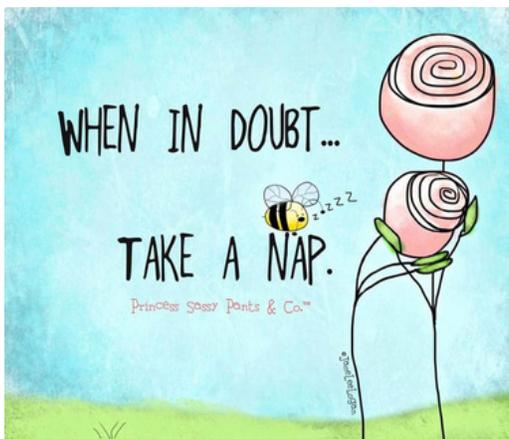
** the first question to ask is: **Do you mind if I record this?** You get hit with *SO MUCH INFORMATION* and I found it's easier having it recorded so you can go back and listen to it again, so you understand everything. Most phones have a voice memo area to record from. You can certainly write everything down too.

- what is my diagnosis - kind of cancer and what Stage / Grade is it
- Is it fast or slow growing
- How long have you been treating this type of cancer
- Should I have genetic testing done
- How will the progress of my treatments be monitored - Blood work, Scans, etc
- Are there any Clinical Trials I should consider
- What type of exercise should I do or avoid
- Does nutrition play a role in cancer recovery and treatment
- What kind of side effects should I expect short term and long term
- What impact will chemo have on my immune system long term
- Does the chemo you recommend cause any nerve damage - can it be prevented
- I want to have children in the future, will this impact my ability to get pregnant
- Will my treatments impact my sex life
- Do you have a therapist/counsellor you recommend
- Once treatments are done, what's next
- Should I consider banking my sperm if I want to have kids later
- Does chemo or radiation cause more cancer in my body
- Are there any supplements I should avoid during treatment - if so, I'd like more info to understand why
- Can I drive myself to and from chemo and/or radiation
- What if I don't have enough money to pay for treatment - Are there other funds I'm eligible for
- Does stress play apart of my recovery - how
- Does this type of cancer return - how
- Are there any cancer support groups you'd recommend

BE
BRAVE

It doesn't
matter
what's been written
in your
story so far
it's how you fill up
the rest of the
pages
that counts

I can
&
I will



Warrior.

Remind yourself of what you've been able to overcome. All the times you felt like you weren't going to make it through, you proved yourself wrong. You're more powerful than you think.

just
breathe

"I'm proud of me because I've survived
the days I thought I couldn't"



<https://linktr.ee/tammyrader>

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