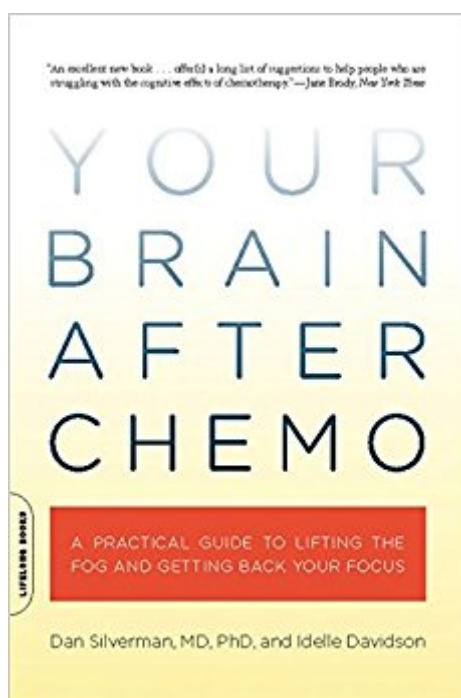


The book was found

# Your Brain After Chemo: A Practical Guide To Lifting The Fog And Getting Back Your Focus



## Synopsis

Chemotherapy saves lives, but new studies including research led by coauthor Dr. Dan Silverman, reveal that the agents used to kill cancer cells may also impair normal brain function. Even years after treatment, people report problems with memory, concentration, multitasking, and word retrieval. Silverman and Idelle Davidson combine cutting-edge science and true stories to demonstrate that chemo brain is not a figment of your imagination. With its invaluable strategies and straightforward nine-step program specifically tailored to re-energizing the brain, *Your Brain After Chemo* gives patients the coping skills to move on with their lives.

## Book Information

Paperback: 304 pages

Publisher: Da Capo Lifelong Books; 1 edition (May 25, 2010)

Language: English

ISBN-10: 0738213918

ISBN-13: 978-0738213910

Product Dimensions: 5.6 x 0.8 x 8.2 inches

Shipping Weight: 15.7 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 58 customer reviews

Best Sellers Rank: #168,851 in Books (See Top 100 in Books) #60 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Oncology](#) #119 in [Books > Medical Books > Medicine > Internal Medicine > Oncology](#) #251 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer](#)

## Customer Reviews

Jane Brody, *The New York Times*, 8/09 "An excellent new book...offer[s] a long list of suggestions to help people who are struggling with the cognitive effects of chemotherapy." Gary Small, MD, author of *The Memory Bible*, 07/09 "Your Brain After Chemo validates the concerns of cancer patients everywhere who have experienced memory and other cognitive effects following chemotherapy...You'll find support, answers, and strategies to help you move through and out of the fog." Grand Rapids Press, 7/17/11 "One of the most valuable and detailed sources of help I've seen."

Dan Silverman, MD, PhD, is head of Neuronuclear Imaging at UCLA. He lives in Santa Monica, California. Idelle Davidson is an award-winning health journalist. She lives in Los Angeles.

As a cancer survivor whose treatments caused significant cognitive impairment, this book has been a godsend. It's very sensible, well-written, and its utility for me has been enormous. For many people, losing some cognitive function doesn't seem so awful. For me, it was a calamity, as I think it must be for many (the numbers are HUGE-- as many as 25% of people who've done chemo have diminished cognitive functioning after 5 years. Considering that people getting chemo number in the millions in the US, that represents a tragic loss). My own cognitive function returned, but it took a lot of effort over a couple of years. Much of one's recovery from loss of cognitive function, I found, involves developing compensatory strategies-- knowing how to re-arrange your ways of doing things so you make fewer mistakes. This book's tips and tricks about how to get functioning again are invaluable. This would also be a great book for families and caregivers of people recovering from cancer, since it clearly explains what the cancer survivor often cannot properly express (it's hard to describe your brain with your brain not functioning correctly). It also does a huge service by teasing apart how different chemotherapies have different side effects. A book on this subject could easily be grim, but there's just the right amount of lightening up and humor along with the more sobering truths. Learning how to laugh at oneself is a vital part of the recovery process. A great addition to the growing literature of this illness.

I purchased this book after reading about it through a Cancer Assistance Group online. I did not know this type of research existed let alone offered in a book. I was diagnosed with Stage 4 Colon Cancer in 2012, received radiation and chemotherapy. Memory loss, and brain fog are everyday events for me to this day, even after being almost a year and a half in remission. I thought I was crazy before reading this book. I can't count how many times relatives or friends of mine had to repeat certain things already said to me before, several times! It was and IS still frustrating to this day, but to know that there is proof and research being done, well that is definitely assisting in my abilities to continue striving in life. This book not only explains how chemotherapy affects the brain, but it offers stories from others, research/data, and ways to improve your memory. It's such a sigh of relief to know that I am not alone when it comes to 'chemo-brain' as may call it. Thank you Dan for all of your hard work with you and your team. I hope you understand how uplifting this is for cancer patients/survivors. -Darrin

After four rounds of chemo for my breast cancer, I very clearly had difficulties remembering, following through with what I had started or navigating through the demands of the day. My

cognitive deficit wore me down both physically and emotionally. When I spoke to professionals on my healthcare team, the reaction was that I should be "happy I was alive or, "why didn't I go back to work?" I felt confused about my cognitive decline, scared, helpless and insulted. "Why would I make this up?? Do you think I want to feel this way?" After I spotted the book, "Your Brain After Chemo" at the bookstore, I could not believe my good fortune. I called my brother in California and he said, you are now validated and acknowledged for your debilitating issues. There was now a name for my symptoms, and thankfully Silverman and Davidson put chemo brain on the map. Their book brought the fog to life with their scientific explanation of chemo brain, actual stories for people who suffered with the fog and some very real and practical suggestions for remediating some of the symptoms. When the reader completed the book, he felt assured that the symptoms that he experienced were real, that he was not alone and that there were ways to counteract the fog. Although it was clear that there will be additional information on the topic as time goes on, the real discussions began in Your Brain After Chemo. Who should read this book? Clearly, every professional who works with patients who go through chemo therapy. First we fight for our life, and with professionals up to date. Your Brain After Chemo: A Practical Guide to Lifting the Fog and Getting Back Your Focus. Knowledge on chemo brain we can fight for a better quality of life.

Really enjoyed reading the book. 'Your brain after chemo' is comprehensive and easy to read. I like the gentle, smooth way the authors present the hard facts and useful strategies. Having had two full doses of chemo in 2003 and 2007, I can attest that 'chemobrain' is a 'fact'. The neuropsychologist who tested me in 2008 and 2009 listed my chemotherapy as one of the factors (besides my two brain surgeries in 1990 and 2001) of my 'cognitive decline'. Fortunately I've been pretty much following the strategies suggested in the book. A lot of the things mentioned in the book have been discussed in my support group. However, it is really nice to have something easy to read on hand. Had a chuckle at the guideline quoted from American Journal of Medicine (by Dr. Joe Alpert) which put 'inherit good genes' on the top of the list. And how true is the last step of the '9 daily steps you can start today': "Avoid Doctors, Drugs, and Hospitals!" It does come with a qualification: "If you urgently need medical care or if you are in treatment for cancer, the advice does not apply to you." A wonderful book that will benefit everyone involved in the journey.

Bought this for my sister who is recovering from breast cancer.

This was a good read for me, a cancer survivor, who struggled with the after effects of chemo. It has

affected all areas of my life and those who haven't been through it think you are making much to do about nothing. I appreciated the validation that I'm not weak. I am a survivor & I am finally taking steps to adjust my lifestyle to allow for issues I have post-chemo. Some parts of me are just not the same but I am alive & choosing to accept the new me and LIVE!

[Download to continue reading...](#)

Your Brain After Chemo: A Practical Guide to Lifting the Fog and Getting Back Your Focus  
Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain)  
Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1)  
The Brain Fog Fix: Reclaim Your Focus, Memory, and Joy in Just 3 Weeks  
"You Have Cancer" • How I Beat a Brain Tumor the Natural Way. No Chemo "No Radio Therapy  
Bolivia in Focus: A Guide to the People, Politics, and Culture (In Focus Guides) (The in Focus Guides)  
Fibromyalgia Freedom!: Your Essential Cookbook and Meal Plan to Relieve Pain, Clear Brain Fog, and Fight Fatigue  
Essential Oils and Thyroid: The Essential Oils Thyroid Solution: Chronic Fatigue? Weight Gain? Brain Fog? Get Relief with Essential Oils to Help Heal Your ...  
Hypothyroidism, Hashimoto's, Metabolism)  
Focus On Lighting Photos: Focus on the Fundamentals (Focus On Series)  
The New Rules of Lifting for Abs: A Myth-Busting Fitness Plan for Men and Women who Want a Strong Core and a Pain- Free Back  
Life After My Saucepans: Lifting the Lid on Living in the Dominican Republic  
Getting Back on Your Feet: How to Recover Mobility and Fitness After Injury or Surgery to Your Foot, Leg, Hip, or Knee  
My Malignant Tumor and I: Surviving Removal of An Intestinal Lymphoma and Subsequent Chemo  
Brain Training Exercises to Boost Brain Power: for Improved Memory, Focus and Cognitive Function  
One Hot Mama: The Guide to Getting Your Mind and Body Back After Baby  
Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer)  
Chemo Chic Chemo to the Rescue: A Children's Book About Leukemia  
Cancer is Funny: Keeping Faith in Stage-Serious Chemo  
Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)