7 things to do before starting chemotherapy

☐ **GET A PORT** (aka port-a-cath) for easier, safer, and more comfortable chemo infusions

☐ **GO TO THE DENTIST** and resolve any dental issues

☐ **EXPLORE HAIR OPTIONS** such as scalp cooling, wigs, hats, and scarves if your chemo regimen causes hair loss

☐ **DISCOVER SUPPORTIVE CARE** palliative care and complementary therapies (yoga, acupuncture, etc) may be offered at your cancer center

☐ **STOCK UP ON REMEDIES** soothing teas, ginger-based lozenges, Biotene mouthwash, and doctor-recommended OTC drugs like Tums and Tylenol

☐ **JOIN ONLINE SUPPORT GROUPS** based on your type of breast cancer, your location, and your treatment

☐ **AVOID DR. GOOGLE** and rely on trusted online resources

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