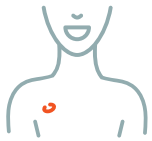


7 things to do before starting chemotherapy



- 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

