

Cancer Answers

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Accessories— taken from chapter 7 “All the fun extras!” of Beauty During the Cancer Journey by Carin g Hansen

Accessories give an added boost to your clothing. You need to keep in mind your skin tones. If you are jaundiced from treatment it is best to stay away from gold or gold-tone jewelry around your face. Stick with silver or silver-tone jewelry. Conversely, if you are sallow or pale, gold or gold-tone jewelry will enliven your complexion some. Of course, you can wear colored jewelry that has little or no metal tones in it.

When choosing earrings you need to consider whether you will lose your hair during treatment. If so, then choose earrings that dangle at least an inch below your earlobe. This simple “trick” leads the eye away from the normal hairline behind the ear. It is most important to follow this advice when you are wearing scarves, turbans and hats. Even when a woman pulls her hair up there are little hairs that will still be visible at the hairline. Because you will not have hair, you do not want to draw the eye to that spot. Wigs are great, but the normal hairline can still look a little bare and drawing the eye downward from that spot is best. You can choose dangle earrings with beads, gems, or simple hoops to match both your clothing and your personality.

Necklaces can be any length; however you need to decide where you want the eye to go. If you have had a breast or both breasts removed, you probably will want to choose necklaces that fall no lower than three inches below the base of your neck. Another consideration for necklaces is how they attach. Because you will need to take them off for any medical appointments, you want wear necklaces that are easily removed and put back on.

Pins and brooches are nice options to necklaces because they do not need to be removed at appointments. Just take special precautions not to poke yourself and always pin them on the side opposite any port or catheter you might have on your chest.

Bracelets and watch options are endless. Do not wear any that have tight elastic in them or fit tight due to swelling. It is very important to keep lymphatic fluids from pooling. Additionally, you will not want to wear them on the arm that you have had or are having any treatment administered to or blood drawn from.

Belts offer a wonderful, inexpensive way to perk up clothing or completely change the look of an outfit. Because the width and style of belts change almost seasonally you may want to check with your favorite fashion guru for what is “in” at the moment. Of course, classic neutral colored leather belts are always a nice choice. You can never go wrong with them.

You probably already have a closet full of shoes. If that is the case you don't need to purchase a thing for the journey. But, purchasing one inexpensive pair of new boots or sandals, depending on the season, can give you a nice little emotional boost and perk up your clothing.

The great thing about accessories is that even if the colors for the current season are not “your colors” you can still purchase chunky jewelry, belts and shoes in those colors because they will not be next to your face. Have fun—the extra thought given to accessories is always worth it!

Coping with Nausea and Vomiting from Chemotherapy Wednesday, June 11, 2008 - 1:30 - 2:30PM EST

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What is Your Fitness Level?

Do you exercise on a regular basis? Do you work out at a health club or are you a “do-it-at-homer”? Is exercise more of a hit-and-miss event with you? Maybe it has been years since you did any formal type of exercise.

While you are journeying through cancer exercise is extremely important from both an emotional and a physical standpoint. However, when you are not feeling your best is not the time to begin a strenuous exercise program if you have not been exercising at all. Not only will that be detrimental physically but you will, more than likely, give up on the program because it is too hard. Talk to your doctor about what is best for you based on your fitness level. He/she will be able to point you to the proper professionals to help you develop a program that is best.

Remember that comfort is extremely important when exercising. Choose loose clothing that breathes for times when you may be swollen or have pain pumps, surgical drains or ports. Finally, make certain you choose a high-quality shoe with great support.

