

Autumn of Solace

Products that ease the mind during and after treatment include chemo-friendly clothes and comfy headphones.

September 9, 2024 By Laura Schmidt

Sleep disorders are common in people with cancer. Ditch uncomfortable plastic headphones for Perytong Headband Headphones (\$19.99, Amazon) that sit flat around your head and double as a soothing sleep mask. Available in over a dozen colors, these wireless headphones work not just while you're lying down but also while you're getting the physical activity recommended for cancer patients. The Bluetooth headphones offer up to 10 hours of listening time and block ambient noise.

Perytong Headband Headphones

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After losing a friend to cancer, makeup artist Karissa Bodnar founded Thrive Causemetics, a vegan

beauty brand that empowers women and works with more than 600 nonprofit partners worldwide supporting people with cancer, survivors of domestic violence and more. Dry lips caused by chemotherapy or radiation can be frustrating to manage. Thrive's Exfoliating Lip Scrub (\$24) gently removes dry flakes and moisturizes with natural oils, while the Pout Hero Liquid Balm Lip Treatment (\$26) will nourish and restore chapped lips. Use them in combination for an intensive overnight lip mask.

"I have used this journey to learn more about myself than I ever knew," Nicole Lawson-Wilson, MBA, writes in her breast cancer memoir, *Epiphany: Don't Waste Your Cancer*. The slim volume is packed with insights that this mom, wife and businesswoman gained while she confronted surgery, chemo, setbacks and triumphs. "I had to learn to feel good about being flawed," she writes. "In reality, the imperfect, flawed incisions I have allowed to be seen have drawn more positive attention than my version of wanting to be perfect ever could."

Chemotherapy is often administered via intravenous infusions, which requires easy access to catheter lines. Inspired by his own cancer journey, Chemo Cozy cocreator Greg Hamilton designed accessible and comfortable clothing to help patients of all ages have a better treatment experience. The clothing line’s Polar Fleece Jacket (\$69.99, various colors) has specially located zipper openings that allow universal access to ports, catheter lines, feed tubes and more without requiring folks to disrobe.

