Spring at Last!

Refresh and renew your mind and body for the upcoming season.

March 14, 2022 By Kate Ferguson

Skin irritation is commonplace during cancer treatment. Chemotherapy drugs can cause redness, swelling and blistering on the palms of the hands and soles of the feet (hand-foot syndrome), and radiation therapy can burn skin. The Lindi Skin Cooler Roll ($43.50 for a 4“x 60”–inch roll, which lasts about a month), a hydrogel dressing made of water infused with aloe and green tea, relieves discomfort. Wrap the material around inflamed and dry, sensitive skin for gentle relief.

The Lindi Skin Cooler Roll

Just in time for baseball season! When undergoing chemotherapy, some medications administered intravenously may require placement of a PICC (peripherally inserted central catheter) line. To keep the device secure at home or on the go, consider using a discreet MLB Branded PICC Line Cover ($35) emblazoned with your favorite baseball team’s logo.

MLB Branded PICC Line Cover

Certain cancers and cancer treatments may trigger headaches. To help lessen the pain, wrap your noggin in a Headache Hat Wearable Ice Pack ($39.99). It’s constructed of soft, flexible spandex and contains 24 reusable ice packets. Wrap it around your eyes and against your temples, wear it like a hat or use it to cool other body parts.

Headache Hat Wearable Ice Pack

Keep friends and family up to date on your cancer journey with the CaringBridge app (free, Apple and Google Play). The nonprofit social sharing platform, founded in 1997, launched the mobile app for tablets and smartphones in 2018—and it keeps getting better. It’s a safe, secure place for patients and caregivers to post health updates and photos and for family and friends to send supportive messages.

CaringBridge app(hand and phone) istock

Cancer treatment usually requires spending endless hours at the hospital, so watching TV and and listening to music can be a godsend. Upgrade your entertainment experience with these high-quality wireless noise-canceling Bose QuietComfort 35 ($179) headphones, with a battery life of 20 hours. A voice-control feature allows you to seamlessly start and stop shows, songs and playlists.

Bose QuietComfort 35

Carolyn Garritt, a cancer rehabilitation trainer, was diagnosed with breast cancer while writing Get Your Oomph Back: A Guide to Exercise After a Cancer Diagnosis ($11.99, Kindle; $21.08, paperback). The book offers a wealth of practical information on exercising after a cancer diagnosis—before, during and after treatment—including how to work out to help manage side effects, maintain weight and bone strength and more. Garritt shares her personal experiences while demonstrating how to exercise wisely.

“Get Your Oomph Back: A Guide to Exercise After a Cancer Diagnosis”

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