Survive and Thrive

Products to help support your health and well-being

December 13, 2021 By Kate Ferguson

Le Wren's Cancer Care Gift Box ($98) is a collection of products selected to relieve common cancer treatment side effects. It includes an unscented therapy wrap, unscented body butter, an anti-nausea roller and a box of rose tea. Launched by two women whose mothers had cancer, the site features practical, nonclinical products made by artisans.

After her diagnosis with skin cancer at age 26, magazine executive Melissa Papcock teamed with a colleague to launch Cabana Life, a line of stylish casual clothing and accessories ($10 to $130) for the whole family. Its fabrics offer 50+ UV protection, which the Skin Cancer Foundation rates as excellent. Cabana Life partners with various organizations to raise awareness and funds for skin cancer prevention and research.

Cabana Life

Because chemotherapy can sometimes cause mouth sores, a manual toothbrush may be gentler

on sensitive areas. Doctor Plotka's Mouthwatchers toothbrushes (one adult- or youth-sized brush, $4.99; travel-sized, pictured, $5.99; bundles, $6.99 to $24.94) were designed to gently clean between the teeth and under the gumline, where oral problems can begin. Bristles are infused with silver, a patented antibacterial agent.

Doctor Plotka's Mouthwatchers toothbrushes

A survivor of adolescent cancer, M. Patricia Diaz chronicles her journey to remission in the award-winning book Pretty Girls Don't Get Cancer (available on Amazon.com, Kindle, $9.99; paperback, $19.50). The title is a statement made by a doctor she visited when she began having symptoms. Her tale explores the impact illnesses have on our relationships with family, friends and ourselves as well as how healing physically is just the first step toward authentic wellness.

“Pretty Girls Don’t Get Cancer”

Cold can help lessen pain by partly numbing the affected area. Check to see whether your cancer care team will OK use of the nonmedical treatment Recoup Cryosphere Ice Cold Massage Roller ($49.99). If so, pop the baseball-sized stainless steel ball in the freezer for two hours and get up to six hours of icy massage to relieve muscle spasms, stiffness or joint pain.

Recoup Cryosphere Ice Cold Massage Roller

Some cancer treatments may limit your ability or desire to have sex, at least temporarily. That can make dating tough for both men and women (think erectile dysfunction and vaginal dryness). Breast cancer survivor Anna Leonarda developed the free app Entwine Dating to help people of all sexual orientations who—due to medical or personal reasons—don’t prioritize intercourse in building their relationships meet others like them.

Entwine Dating app

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