Warm Your Heart

Some items to offer comfort from the winter chill

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Sunbeam Velvet Plush Heated Blanket

Many people in treatment for cancer feel cold even when the temperature isn't low, so it can be harder to stay warm in the depths of winter. To help, try a Sunbeam Velvet Plush Heated Blanket ($99.95). Wirecutter, the independent review site, selected it as the best electric blanket for its soft material, efficient heating capacity and serious safety features. Not only does the blanket offer 20 personalized settings, its warming system automatically adjusts so you stay exactly as toasty as you want to be when you use it.

Herb to Soothe Cream

CamWell's Herb to Soothe Cream ($24.99) treats painful radiation therapy burns with an oncologist-formulated lotion that's clinically proven to work. It relieves painful, itchy, tender skin, promotes healing, treats and prevents inflammation, and protects against infection. CamWell has specialized in skin care products for people undergoing cancer treatment since 2005, and the company combines Western medicine with traditional Chinese medicine to care for skin that has been damaged by radiation or chemotherapy.

“In Radical: The Science, Culture, and History of Breast Cancer in America”

Perhaps one of the most visible diseases, breast cancer is much more than the pink ribbon that symbolizes it. In Radical: The Science, Culture, and History of Breast Cancer in America ($28, Little, Brown Spark), Kate Pickert explores every aspect of the disease and its effects on women in the United States. Pickert draws on her own experience with breast cancer and interviews advocates, patients, researchers, economists and medical professionals to better understand the disease and our fight against it.

Biotène Moisturizing Spray

Is chemotherapy causing painful dry mouth? It’s important to keep your mouth environment healthy during treatment. Biotène Moisturizing Spray ($9.29) helps maintain your oral health by keeping your mouth comfortable and moist. Its alcohol-free formula won’t cause further dryness, and you can take it with you for easy use whenever dry mouth interferes with your daily activities.

Woolana Hospital Boots

Keep your feet warm, dry and protected in and out of the hospital with Woolana Hospital Boots ($41.99). Their adjustable width allows for a good fit even with swollen feet; the vinyl soles prevent slipping; and they’re machine washable, so you can easily and safely reuse them.

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