

# Getting help for Chemo Brain

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**Chemo brain** is a common term to describe thinking and memory problems that someone might have before, during, or after cancer treatment.

People with chemo brain may have problems with:

- Memory or finding the right words
- Taking longer to think
- Paying attention
- Time management
- Problem solving
- Keeping track of medicines
- Being organized
- Starting tasks



## How we can help

One of our speech therapists can talk to you about the problems you are having and design a treatment plan. The approach they use is called cognitive therapy. You can meet with them in person or through a video visit.

## To learn more

Ask a member of your cancer care team to refer you to speech therapy for help with chemo brain. Or, you can call the Speech Office at 440-835-6160.

