MYTH- everyone loses their hair

• Fact: There are new drugs that don’t cause hair loss.
• Cold caps may help individuals maintain their hair.
• Take Away: Don’t ask someone if they are going to lose their hair.
MYTH- chemo is given intravenously

• Fact: There are some chemotherapy drugs that are given orally and patients take them at home.
• Some patients receive chemotherapy treatment without needing an IV.
• Take Away: Just because chemotherapy can be taken in a pill format at home does not mean that it won’t cause similar side effects such as nausea, diarrhea, fatigue, and hair loss.
MYTH- chemo has immediate side affects

- Fact: Chemotherapy builds up in a person’s system over time so they may gradually feel more tired and sick.
- Take Away: Expect a person to feel worse the longer they receive chemotherapy.
MYTH- everyone feels the same on chemo

• Fact: Each person responds differently to chemotherapy. Common side effects are nausea, diarrhea, and fatigue.
• Take Away: One person’s experience may be vastly different from another person’s experience.
MYTH- when a person is diagnosed they want to hear everyone else’s story

• Fact: No one wants to hear that someone died from cancer, or that someone else “sailed through treatment.”

• Take Away: Don’t share other people’s stories. Listen instead.
MYTH- chemo causes weight loss

• Fact: Some patients gain weight on chemotherapy.
• Take Away: Don’t...go...there....
MYTH- you know what a cancer patient should or shouldn't eat

• Fact: People’s tastes change on chemotherapy. Each person knows best what food sounds good.

• Take Away: Before gifting meals, make suggestions would you like soup, pasta, etc. Never say, “Should you be eating that?”
MYTH- when chemo ends people feel better

• Fact: The “collateral damage” from chemotherapy may be life changing and permanent.

• Take Away: Side effects may fade over time, or they may not.
MYTH - people with cancer should keep working / stay home

• Fact: For some, coming to work is helpful. For others, it can be a detriment to try to focus on work.
• Take Away: When possible, follow the person’s lead on what works best for them.