

Breast Cancer:

Answers, Support and Guidance



ORLANDO
HEALTH®

Cancer Institute



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Understanding Breast Cancer

Early detection and modern treatment have made breast cancer more treatable than ever. Advances in screening, diagnosis and personalized care continue to improve outcomes and expand treatment options. When breast cancer is found early and remains localized, the five-year survival rate is 99%, offering many patients confidence and hope as they move forward with care.

Who This Guide Is For

This guide is designed to support:

- People who have been newly diagnosed with breast cancer
- Patients currently in treatment
- Breast cancer survivors
- Caregivers and family members

Our holistic cancer program is built around the people and communities we serve. From advanced technology and research to clinical trials, supportive care services, and integrative medicine, we are committed to caring for both the person receiving treatment and the loved ones supporting them.

Types of Breast Cancer

Breast cancer occurs when a mass of abnormal-looking cells forms in the breast. These cells may be confined to their place of origin, or they may spread into surrounding tissue or other parts of the body. There are three primary types of breast cancer:

- **Ductal carcinoma:** This is the most common type of breast cancer. It begins in the milk ducts but may spread to the surrounding tissue if left untreated.
- **Inflammatory breast cancer:** This is a rare but aggressive form of carcinoma that grows very quickly. It may resemble a breast infection because the breast appears red and swollen.

An estimated **280,000 women** in the United States are diagnosed with breast cancer each year, and **one in eight** will be diagnosed during their lifetime.

Causes and Risk Factors

While the exact cause of breast cancer is unknown, several risk factors make it more likely for you to develop it. Some of these factors include:

- **Age** Breast cancer risk increases with age.
- **Personal or family history** If you have had breast cancer in one breast, you have an increased risk of developing cancer in the other breast. Also, if your mother, sister or daughter was diagnosed with breast cancer, your risk of breast cancer is increased.
- **Other risk factors** The use of hormone replacement therapy, delaying pregnancy or never becoming pregnant are also risk factors for breast cancer. Having one or more of these risk factors doesn't necessarily mean you'll develop breast cancer. In fact, many women who develop breast cancer have no known risk factors other than simply being female. If you are concerned about risk factors, talk to your doctor about early detection.

Cancer Genetics and High-Risk Care

The Cancer Genetics and High-Risk Care Center is the most comprehensive clinic of its kind in Central Florida. We support individuals and families — both with and without cancer — who want to better understand their inherited risk for cancer.

Our team provides personalized genetic counseling for patients of all ages with a personal or family history of cancer, including both common and rare types. Based on individual risk, genetic testing may be recommended to help guide decisions about cancer screening, prevention and care.

If a genetic mutation is identified, our team works closely with a patient's medical providers to develop a personalized plan for monitoring and follow-up care. Genetic testing may also be offered to family members who want to understand their own risk.

Our services include:

- Education about inherited cancer risks
- Personalized genetic cancer risk assessments
- Evidence-based screening recommendations
- Strategies to reduce risk and support healthy lifestyle choices
- Genetic counseling, including next-day appointments for patients who need results to guide treatment decisions
- Ongoing follow-up and coordination with your care team
- Multidisciplinary care and virtual appointment options

Quality and Outreach

Genetic testing is increasingly recommended as part of standard cancer care. Our genetic counseling referrals and testing practices are reviewed through ongoing quality programs to ensure care aligns with national guidelines and supports the highest standards of patient care.

Diagnosis and Staging

The diagnosis process is important for determining the presence and severity of breast cancer, as well as prescribing the best available treatment plan. During your visit, your doctor will take a thorough history and perform a physical exam.

Breast imaging tests, such as a mammogram and ultrasound, may be recommended based on several factors. These include age, breast density, personal or family history of breast cancer, genetic risk, current symptoms such as a lump or pain and findings from a physical exam. In some cases, both tests may be used together to provide a clearer picture. If your doctor finds a suspicious breast lump or if the imaging tests show an area of concern, he or she may recommend a biopsy.

After tissue has been removed during the biopsy, it will be sent to pathology for examination under a microscope. The pathologist will then determine if cancer cells are present or not. This process may take several days. Once the process is complete, your doctor will discuss the results with you. If the biopsy shows that cancer cells are present, other imaging and lab tests may be needed.

Once breast cancer has been diagnosed, more tests may be done to determine if the cancer has spread from the breast to other parts of the body. This is called staging, and it helps your doctor plan treatment.





Breast Cancer Treatment

Each case of breast cancer is unique, and a variety of treatment options may be available depending on the type of breast cancer, its stage and grade, hormone sensitivity and your overall health. At the Breast Care Center, our multidisciplinary team of expert surgical, medical and radiation oncologists — all with specialty training in breast cancer — along with plastic and reconstructive surgeons, collectively evaluates each case to determine the best possible outcome for our patient.

Tumor boards also are a staple in developing care plans at Orlando Health Cancer Institute, furthering our goal to provide unified, comprehensive care. Physicians across several cancer subspecialties, including breast, collaborate with a wide range of experts — from neurosurgeons and radiation oncologists to speech therapists and nurse navigators — on diagnoses and treatments for their patients. Tumor boards are held to discuss complicated cases and try to reach consensus on the best specific and individualized treatment.

Breast Cancer Surgery

One of the most common treatments for breast cancer is surgery, and many women also receive additional treatments, such as chemotherapy or radiation. Surgery may include the removal of just the cancer, known as lumpectomy, or it may call for the removal of one or both breasts, known as mastectomy. Surgery also may be required to remove one or several lymph nodes.

Our expert team is very conscious of the implications of lymphedema when lymph nodes are removed and will only remove what is necessary for treatment. To mitigate any occurrence of lymphedema, we also perform lymphovenous bypass surgery (LVBP) at the time of removal.

During this microsurgical procedure, surgeons build connections between the veins and the lymphatic vessels, which helps contribute to overall drainage of the extremity where the lymph nodes are located.

For patients who require a mastectomy or choose to undergo the procedure, breast reconstruction may be an option. **Our dedicated team of breast cancer surgeons and reconstructive surgeons work together — even on the day of the first surgery —** to offer treatment options that preserve the breast's natural appearance following reconstruction, while also being mindful of each patient's end-to-end treatment process.

Chemotherapy

Chemotherapy uses drugs to destroy cancer cells. It is sometimes given before surgery to shrink the size of the tumor, making it easier for the surgeon to remove the cancer. It also may be necessary after surgery if the cancer is likely to return or spread to another part of the body.

There are some common side effects caused by chemotherapy, including nausea, vomiting, hair loss, fatigue and an increased risk of infection. Other side effects can include damage to the heart and kidneys, premature menopause, nerve damage and blood cell cancer, though these are rare.

Orlando Health Cancer Institute has symptom management programs in place, like our Integrative Medicine department, that will help manage or mitigate these possible symptoms.

Breast Cancer Prehabilitation

Prehabilitation, or “prehab,” helps prepare your body for breast cancer treatment or surgery. A physical or occupational therapist may work with you before treatment to improve strength, mobility and overall well-being.

Benefits of Prehabilitation

- Builds strength and improves movement
- Helps prepare for surgery and recovery
- Reduces stress by increasing confidence
- Lowers the risk of complications

What to Expect

Your first visit typically lasts 45 to 60 minutes and includes movement assessment, education and a personalized home exercise program. Therapy may include range-of-motion exercises, strengthening, cardiovascular activity and stress-reduction techniques.

Prehabilitation can help address pain, fatigue, limited movement and lymphedema while supporting a healthier recovery.





Proton Therapy

Proton therapy is another form of radiation therapy. Like other types of radiation therapy, it works by damaging the DNA of cancer cells, which causes the cells to die and the tumor to shrink. However, proton therapy is different from other types of radiation therapy because it uses protons to deliver radiation. The nature of protons allows them to be manipulated to release most of their energy within a tumor with **little to no dose in the surrounding healthy tissue.** The result is a more precise radiation customized for each patient's particular tumor treatment and with fewer side effects — which is particularly important for patients with certain types of cancer.

Because proton therapy is so precise, it is often the recommended type of radiation treatment for patients with tumors that are located near critical organs or highly sensitive areas, such as breast tumors, especially those on the left side. It also is an important treatment option for tumors that can't be removed completely with surgery. Proton therapy also decreases the risk of radiation-induced cancer.

Alone or in combination with other treatments, proton therapy is well suited for many types of cancer and benign conditions.

Radiation Therapy

Radiation therapy is a part of breast cancer treatment often used after surgery. It uses high-powered energy beams to target and destroy remaining cancer cells in the breast, chest wall or nearby lymph nodes. Radiation therapy may also be used to help relieve symptoms in advanced-stage disease.

The most common form of radiation therapy is external beam radiation, which uses a machine to deliver energy beams to the affected area. In some cases, radiation may also be delivered from inside the body using radioactive material, a process known as brachytherapy.

At Orlando Health Cancer Institute, **advanced radiation options also may be available. One example is accelerated partial-breast irradiation, or APBI.** This approach delivers radiation over a shorter period of time, often completed in as few as five days. By limiting the treatment area and shortening the course of therapy, APBI may help reduce disruption to daily life for eligible patients with early-stage breast cancer.

Like chemotherapy, radiation therapy can cause side effects. These may include fatigue, skin irritation at the treatment site and temporary changes in breast tissue, such as swelling or firmness. More serious side effects are uncommon, and your care team will work closely with you to manage symptoms and support your comfort throughout treatment.

Endocrine or Hormone-Blocking Therapy

If tests show that the breast cancer cells contain estrogen and progesterone receptors, you may be given hormone-blocking therapy. Hormone-blocking therapy is used to change the way hormones in the body help cancers grow. This may be done by using drugs that block the action of hormones or by performing surgery that removes hormone-producing organs, such as the ovaries.

Hormone-blocking therapy is typically used in conjunction with some combination of surgery, and often with radiation therapy and chemotherapy. By incorporating hormone-blocking therapy into your treatment plan, it can help decrease the chance of your cancer returning. If the cancer has already spread, hormone-blocking therapy may help to shrink and control it.

Research and Clinical Trials

At Orlando Health Cancer Institute, we are committed to offering our patients access to the latest and most advanced options for comprehensive cancer care. Our participation in ongoing research and clinical trials is one way we provide these options.

Clinical trials are designed to test the effectiveness and safety of new cancer treatments and medications for the prevention, diagnosis and treatment of cancer as well as lessening side effects of cancer symptoms and treatments. Almost all cancer therapies used today started as a clinical trial.

Clinical trials allow eligible patients to play an active role in their own healthcare with the added benefits of receiving treatments not yet available to everyone, obtaining expert medical care at leading healthcare facilities during the trial and helping others by contributing to medical research.

Talk with your care team about breast cancer specific clinical trial options.



Scan the QR code to learn more about clinical trial options or visit OrlandoHealth.com/CancerTrials



Your Care Team

A Leader in Collaborative and Personalized Care

The Orlando Health Cancer Institute Breast Care Center provides personalized, high-quality care for people with breast cancer, those at high risk, and those with complex breast conditions. A team of specialists reviews each diagnosis and creates a treatment plan based on the type and stage of cancer, as well as each patient's health goals.

Care plans may include treatment, nutrition, exercise, emotional support and financial guidance. When possible, treatment is carefully adjusted to reduce side effects while still achieving the best outcomes. Breast surgeons work closely with plastic and reconstructive surgeons to offer reconstruction options. Dedicated breast nurse and patient navigators help guide patients and families through diagnosis, treatment, and long-term care, providing support and trusted resources.

The multidisciplinary breast team includes:

- Breast surgeons
- Medical oncologists
- Radiation oncologists
- Plastic surgeons
- Pathologists
- Radiologists
- Genetic counselors
- Physical therapists
- Lymphedema specialists
- Clinical research staff
- Clinical social workers
- Integrative medicine specialists
- Nutritionists
- Nurse and patient navigators
- Nurse educators
- Advanced practice nurse practitioners

Nurse and Patient Navigators

A cancer diagnosis is often an overwhelming and frightening experience. Our nurse and patient navigators help guide patients by working to assist with entry into the cancer care system and identifying any barriers that may exist. At the Breast Care Center, we have nurse and patient navigators specific to breast cancer. They will initiate and maintain communication between patients, families, physicians and the healthcare system.

Nurse and Patient Navigators can assist in many ways, including:

- Provide emotional support and information on what to expect and help streamline care
- Help patients and families understand their diagnosis and treatment options
- Coordinate appointments and tests to avoid delays to treatment
- Help patients and families access support systems and services



Breast Reconstruction

Breast reconstruction is an important part of care for many women following mastectomy or lumpectomy. At Orlando Health Cancer Institute, reconstruction planning begins early and is closely coordinated with your cancer treatment. In collaboration with Orlando Health Aesthetic and Reconstructive Surgery Institute, our breast surgeons and plastic and reconstructive surgeons work together as one team to offer advanced surgical options designed to restore appearance, preserve sensation when possible and support long-term outcomes.

Reconstruction is a personal decision, and there are multiple approaches available based on your diagnosis, overall health and treatment plan. The information below answers common questions and outlines how our collaborative program supports you before, during and after surgery.

What Sets Orlando Health Cancer Institute Apart?

Our breast reconstruction program brings together highly specialized surgeons, advanced techniques and coordinated support services in one location. Breast surgeons and plastic and reconstructive surgeons work as a single team, allowing reconstruction planning to begin early and remain closely aligned with cancer treatment. This approach supports strong clinical outcomes and quality of life.

What Advanced Reconstruction Techniques Are Offered Here?

All of our plastic surgeons are certified in nipple neurotization, an advanced surgical technique used during breast reconstruction to help restore sensation to the nipple-areola complex after mastectomy. Our center performs the highest volume of breast flap neurotization procedures in Florida and is among the most experienced programs in the nation for this specialized procedure.

Why Does Experience and Surgical Volume Matter?

Higher surgical volume is often associated with improved outcomes and lower complication rates. Our team's experience with complex microvascular and flap-based reconstruction allows for personalized surgical planning while maintaining a strong focus on safety, function and long-term results.

How Is My Health Supported Before and After Reconstruction Surgery?

Patients benefit from coordinated medical care before and after surgery. An on-site, board-certified internal medicine physician works closely with the surgical team to help optimize overall health, manage existing medical conditions and support recovery.

How Does Rehabilitation Support Recovery After Reconstruction?

Our plastic surgery team collaborates with the Orlando Health Physical Therapy department to support healing, mobility and strength after surgery. Physical therapy also helps address stiffness and swelling that can occur during recovery.

How Does Research and Quality Improvement Support Patient Care?

Our plastic and reconstructive surgeons participate in the Orlando Health Cancer Institute Quality Program and the National Accreditation Program for Breast Centers. Ongoing quality initiatives and research focus on comparing reconstruction methods, evaluating outcomes after lymphatic procedures and identifying risk factors associated with microvascular flap surgery to continually improve care.

Is Breast Reconstruction Right for Me?

Breast reconstruction is a personal decision. Your care team will review your diagnosis, treatment plan, health history, and personal goals to help you understand your options and make informed choices that align with your needs.

Supportive Care

At Orlando Health Cancer Institute, care goes beyond treating cancer. Our supportive care services focus on comfort, quality of life and whole-person care for patients and their families. These services work alongside medical treatment from diagnosis through survivorship.

Express Symptom Management

Our express symptom management team helps patients manage cancer-related symptoms by phone, in person or through hospital admission when needed. The goal is to address symptoms early and help avoid unnecessary urgent care or emergency room visits.

Patients are encouraged to call if they experience symptoms such as pain, fatigue, fever, nausea, shortness of breath, bleeding, swelling or skin concerns. Our team can help manage symptoms, guide next steps or coordinate care.

Nutrition Support and Counseling

Our licensed dietitians work closely with the medical team to support patients before, during and after treatment. Services include personalized nutrition guidance, help managing treatment side effects, education on supplements and ongoing support for long-term wellness. Patients also have access to recipes designed to help manage symptoms such as nausea or changes in taste.

Emotional and Mental Support

We also have breast cancer support groups. A breast cancer diagnosis can have an impact on almost every aspect of a person's life, from relationships to self-image to spirituality and emotional health. This group is open to any person at any stage of their breast cancer journey.

Are you caring for a loved one who is undergoing cancer treatment? If so, you are not alone. We host a Caregivers Corner. Join us for a relaxing time with fellow caregivers and learn ways to cope with the stress of taking care of someone with cancer.

Supportive Care Program

The Supportive and Palliative Care Program at the Orlando Health offers physical and psychosocial support services to patients, families and caregivers. Always keeping the patient's well-being at the center of focus, a multidisciplinary team of experts specializing in supportive and palliative medicine delivers compassionate, personalized care. We encourage our patients to request supportive care soon after a diagnosis so that services can be integrated throughout the entire span of a patient's journey, including curative treatment.

Supportive Care is a specialized area of medicine that focuses on improving quality of life for patients coping with serious illness — as well as providing support for families — by reducing the physical and emotional burdens. This specialized care incorporates:

- **Symptom Management** – Developing a plan of care to improve physical well-being and address any symptom concerns
- **Supportive Counseling** – Assisting with emotional, spiritual and financial needs, through access to internal or outside resources
- **Advance Care Planning** – Ensuring a patient's care goals and wishes are met. This may include completing a healthcare proxy, living will and advance directive.

A common misconception is that palliative care, as part of supportive care, is reserved for patients who are transitioning from curative to end-of-life measures. However, palliative care focuses on providing patients relief from pain and other illness symptoms, no matter the diagnosis or stage, and while still pursuing curative therapy approaches.

Our Approach to Treatment

At Orlando Health Cancer Institute, we understand how difficult the journey through breast cancer can be. Our goal is to support you

with a team of knowledgeable and caring physicians who are focused on helping you overcome this disease. Our commitment is to provide our patients with hope through outstanding, personalized care.

If you have been diagnosed with breast cancer, contact us today. Our compassionate and knowledgeable breast care team is here to talk you through even the most complex procedures.

For more information on managing side effects from treatments, to read patient testimonials and read taboo topics like sex during treatment, visit [Orlando Health Content Hub](#).

Integrative Medicine Program

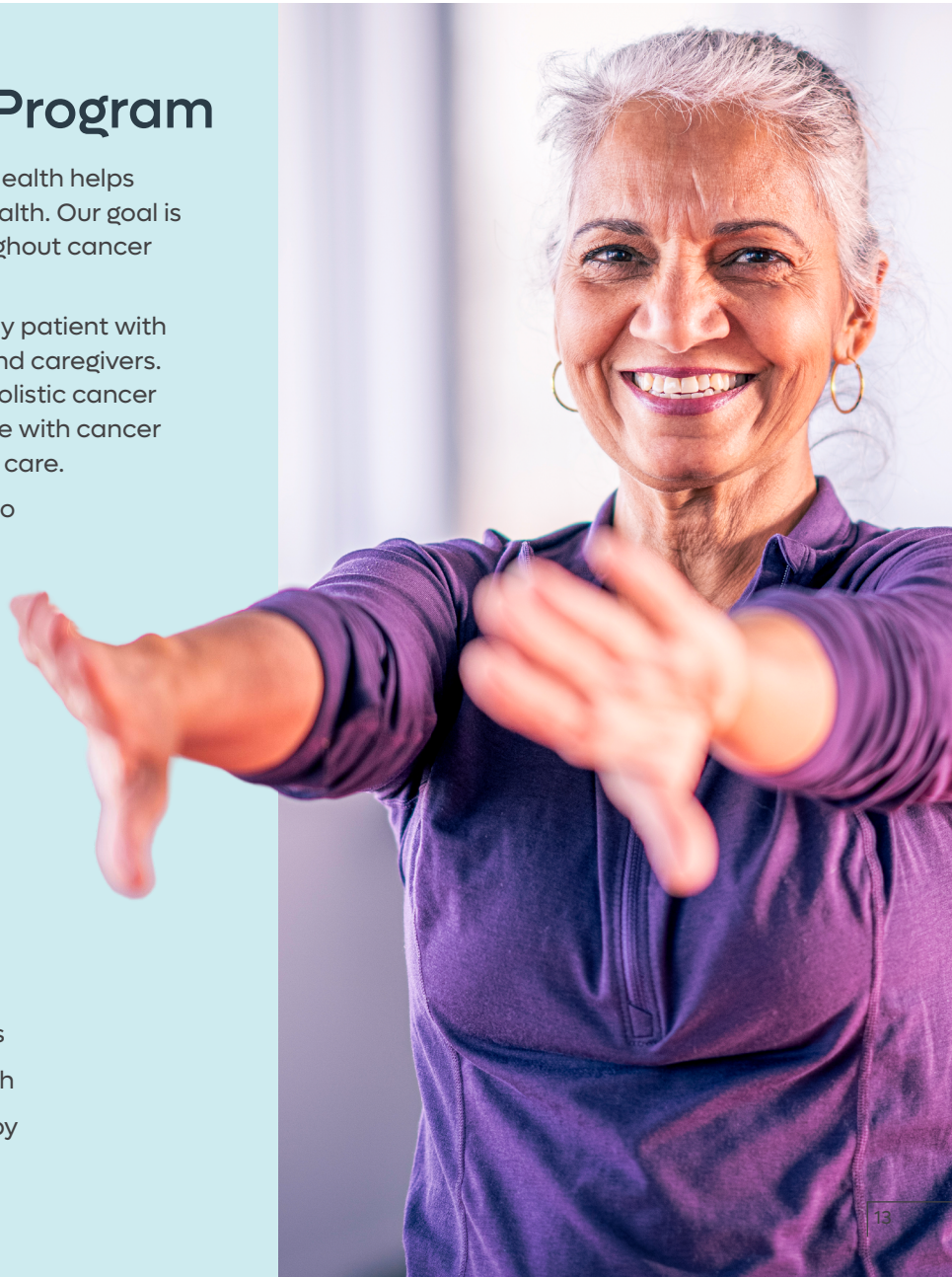
The Integrative Medicine program at Orlando Health helps improve your physical, emotional and social health. Our goal is to help you maintain a high quality of life throughout cancer treatment and into survivorship.

The Integrative Medicine program is open to any patient with cancer in Central Florida, as well as survivors and caregivers. We are committed to providing personalized, holistic cancer treatment, leading to better outcomes for those with cancer and a brighter future for cancer treatment and care.

The community uses time-tested approaches to healing to address your social and emotional health. The variety of research-supported, complementary techniques can help you manage cancer symptoms, relieve stress, and improve mental health. You can try any approaches that appeal to you and help improve your well-being.

We provide healing services that complement medical treatments for patients in the hospital setting or those visiting our clinics on an outpatient basis. These include:

- Acupuncture
- Qi gong
- Oncology massage therapy
- Yoga
- Meditation
- Creative arts
- Laughter yoga
- Healing touch
- Relaxation techniques
- Music therapy
- Tai chi



Survivorship: Life After Treatment

Our breast cancer survivorship care is designed to help you live a healthy, active life after cancer. Our program supports adults who have completed treatment and focuses on both long-term cancer follow-up and overall wellness.



Survivorship Clinic

This follow-up program provides care to patients who have survived cancer or are in long-term therapy to prevent cancer from returning, or to those at high risk of developing breast cancer in the future.

Survivorship care goes beyond screening. Our team helps manage the physical and emotional effects of treatment while supporting your health in the years ahead.

Personalized Follow-Up Care

- Customized treatment summaries that outline your cancer history and follow-up plan
- Coordination of labs, imaging and recommended cancer screenings
- Regular clinical follow-ups with a focus on recurrence monitoring

Specialized Long-Term Breast Care

- Consultations with nurse practitioners and physician assistants specializing in survivorship care
- Referrals to specialists including cardiology, pulmonary care, sexual health and fertility counseling

Side Effect and Symptom Management

- Support for common side effects such as fatigue, hot flashes, pain, anxiety and sexual health concerns
- Physical exams to monitor for late effects of cancer treatment

Health and Wellness Support

- Education on nutrition, physical activity and healthy lifestyle choices
- Access to educational resources, webinars and support groups
- Referrals to services such as genetic counseling and nutrition

Emotional and Integrative Support

- Psychosocial support through Integrative Medicine services
- Options such as yoga, acupuncture and massage therapy to support well-being

Questions To Ask Your Care Team

Understanding Your Diagnosis

1. What type of breast cancer do I have?
2. What stage is my cancer, and what does that mean in plain language?
3. Is my cancer hormone receptor-positive or HER2-positive?
4. How aggressive is this type of cancer?
5. Has the cancer spread beyond my breast or lymph nodes?
6. Do I need more tests before deciding on treatment?

Treatment Options and Recommendations

1. What treatment options are available for my type and stage of cancer?
2. What treatment do you recommend — and why?
3. Are there alternatives to this treatment?
4. What is the goal of treatment (cure, control, prevention of recurrence)?
5. How soon do I need to start treatment?
6. Would a second opinion be helpful?

Surgery Questions

1. What type of surgery do you recommend (lumpectomy or mastectomy)?
2. Will lymph nodes be removed or tested?
3. Will I need reconstruction? When would that happen?
4. How long is recovery after surgery?
5. How might surgery affect how my breast looks or feels?

Chemotherapy, Radiation and Drug Therapy

1. Will I need chemotherapy, radiation, hormone therapy, or targeted therapy?
2. What side effects are most common with this treatment?
3. How can side effects be managed?
4. Will treatment affect my fertility?
5. How long will treatment last?
6. Will I be able to work or maintain daily activities during treatment?

Tests, Genetics and Clinical Trials

1. Should I have genetic testing?
2. Does my diagnosis affect my family members' risk?
3. Are clinical trials an option for me?
4. What additional tests will I need during treatment?

Supportive Care and Quality of Life

1. Who can help me manage symptoms or side effects?
2. Is there support for emotional or mental health concerns?
3. Are there nutrition, exercise, or wellness services available?
4. Is there help for transportation, finances, or work-related issues?
5. Is there a nurse navigator or care coordinator I can contact?

After Treatment and Survivorship

1. What does follow-up care involve?
2. How will we monitor for recurrence?
3. What long-term side effects should I watch for?
4. What lifestyle changes can support my recovery?

Practical and Personal Questions

1. Who should I call if I have questions or concerns?
2. How do I reach my care team between appointments?
3. What resources can I share with my family or caregiver?
4. What should I bring to my next appointment?

What to Bring to Your Chemotherapy Appointment

Before you start chemotherapy, make sure you have the right items on hand so the experience is more comfortable — during and after treatments. Here's a list of 15 essentials.



Infusion Day: What To Bring

1. **A button-down or V-neck shirt.** Patients receiving chemotherapy via infusion might have a chest port placed just under the collarbone where the medicine enters your body through a tube. To help the staff quickly and easily hook up the port, wear a V-neck, button down or loose-fitting shirt on treatment days.
2. **A support buddy.** Have someone drive you to and from your appointment in case you're tired or not feeling well post-treatment. It also helps emotionally to have a cheerleader along, bringing a positive attitude, willingness to help and a welcome distraction.
3. **The comforts of home.** While treatment facilities usually provide a blanket for you to use, nothing beats a nice, fuzzy blanket from home to keep you warm. The same goes for a favorite fluffy pillow instead of a hospital-issued one. Also consider a pair of slippers or fluffy slipper socks with grip soles.
4. **Entertainment.** Most facilities have a TV, but if you want to watch something different during your treatment, consider downloading shows or movies to a tablet or your smartphone. Other ideas to help pass the time: puzzle books like word jumbles or Sudoku, a journal, adult coloring books, music or podcasts (don't forget earphones), or reading material.

Chemo Symptoms: These Can Help

5. **Anti-diarrhea medication.** Chemotherapy can cause diarrhea, so it helps to have something on hand, like Imodium, to alleviate this side effect.
6. **Ginger tea or candy.** Chemotherapy can affect your sense of taste, making some people nauseous. Known for its tummy-soothing properties, ginger tea or candy can help ease nausea symptoms.
7. **Mints or sour candy.** When ginger doesn't do the trick, sometimes a more potent taste — like strong mints or sour candy — will help.
8. **Plastic utensils.** Some people experience a metallic taste in their mouths because of chemotherapy. Using plastic spoons and forks during meals and snack times helps eliminate this unpleasant taste.
9. **Pain relievers.** Keep ibuprofen or acetaminophen on hand for headaches or body aches that might accompany treatment.

The Days After: Home Comfort

10. **Props for comfort.** Some patients who have had breast cancer surgery as part of their treatment find that it helps to place small pillows under their arms at home. This can ease the effects of edema and other swelling by keeping your arms slightly elevated.
11. **Clothes designed for your needs.** If you've had a mastectomy, you'll have drain tubes put in to collect any fluid that leaks from the surgical area. You can find clothes designed specifically for this, with small pockets that help corral the tubes. You can also buy these pockets separately and clip them on the inside of clothing you already have.
12. **Head coverings.** One of the common side effects of chemotherapy is hair loss, so stock up on a few items to cover your head and keep it warm. Depending on your style preference, this can include hats, beanies, wigs, hoodies or scarves.
13. **Makeup and moisturizer.** Your skin color or texture might change due to chemotherapy, and you might lose your eyebrows and eyelashes. Take a photo of your face before treatment to use as a guide if you want to apply eyebrows with makeup. Read up on some specially designed tips and tricks to make you feel more like yourself.
14. **Heated blanket.** A heated blanket or small heating pad can keep you warm.
15. **Entertainment.** Streaming movies or audiobooks via subscription services like Netflix or Audible will keep you entertained and distracted if you don't have the energy to read.

connect to health



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