

# TRUE or FALSE ?

Family, friends or even the media suggest things you should and should not do during cancer treatment. Many of these things may not be true and may even decrease your quality of life. Below you will find the truth.



**You cannot eat raw or fresh fruits and vegetables.**

**FALSE**

If you are able to wash it, you can eat it! There is no research to support that avoiding fresh fruits and vegetables prevents infection. For more information about food safety, ask your healthcare team for a copy of *Precautions for Patients with a Low White Blood Cell Count*.

**You need to avoid crowds of people such as in the mall, theaters, or church.**

**FALSE**

It is false that cancer patients need to stay home and cannot leave the house. Doing so could make you feel lonely! If you are around crowds, avoid those who look sick: coughing, sneezing, and blowing their nose. The best way to prevent infection is for you to wash your hands and have family and friends wash theirs, too. For more information, ask your healthcare team for a copy of *3 Steps Toward Preventing Infection During Cancer Treatment*.



**All cancer treatments cause hair loss.**

**FALSE**

Some treatments may not lead to any hair loss yet others may cause thinning or total loss. Your healthcare team will let you know how your treatment will affect your hair. For more information about tips to help with hair loss, ask your healthcare team for a copy of *Alopecia and Wig Resources*.

**You need to avoid getting manicures and/or pedicures at nail salons.**

**TRUE**

Nail salons do not always clean the tools and pedicure stations properly. This can lead to nail fungus and infections. For more information, ask your healthcare team for a copy of *Nail Changes*.



**You cannot get your hair dyed/colored or permed during and right after cancer treatment.**

**FALSE**

There is no research to support that dyes and perms can cause damage to the hair during or after cancer treatment. It was thought that the chemicals in these products could dry the hair, cause split ends, or make it brittle. Today's products have more moisturizers to help protect the hair. If your hair is dry and brittle before starting treatment, using dyes and perms could make your hair more brittle. Talk to your healthcare team and they can help you make a decision whether or not to dye or perm your hair.



**You need to get lots of rest throughout the day to help with fatigue.**

**FALSE**

When it's time to sleep at night, you may find that you are not tired if you take too many naps during the day. The best way to prevent or manage feeling tired or fatigued is exercise. Be sure to ask about the exercise programs available just for cancer patients. A walking plan is a great way to get started. For more information, ask your healthcare team for a copy of *General Exercise Guidelines for Cancer Survivors*.



Have other questions? Looking for more answers? Stop by or contact our Resource and Learning Center to learn more!

Location: 2<sup>nd</sup> floor of Rutgers Cancer Institute of New Jersey

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**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**