

## Show Your Love With a Cancer Care Package

Wed., Sep. 23, 2009 7:56 PM PDT by KAREN SPRINGEN

Each year about 180,000 U.S. women are diagnosed with breast cancer. If your friend or family member is one of them, you can make her a tender-loving-cancer-care (TLCC) kit. We've assembled some ideas to get you started, but you know your friend best. Don't be afraid to get creative!

**Informative Reference Book**, such as *Dr. Susan Love's Breast Book*. "The Internet is often too unfiltered and overwhelming," says breast-cancer surgeon Jocelyn Dunn.

**Notebook With Matching Pen**. That way your friend can take notes easily when she is visiting her doctors, Dunn explains. It's a great way to keep track of appointments and jot down questions and answers.

**iPod or Personal DVD Player**: Your friend will like being able to listen to music or watch movies during chemotherapy appointments, which can last anywhere from 30 minutes to eight hours a day for at least three weeks, says Kimberly Stump-Sutliff, R.N., an advanced oncology clinical nurse specialist and assistant medical editor for the American Cancer Society. "Anything to while away hours."



**Waiting-Room Diversions**: The patient will likely spend a lot of time *waiting* for a slew of appointments. Breast-cancer survivor Jodell Gahr suggests a crossword puzzle book to pass the time. Also try...

**Fun Page-Turners**: Nora Roberts or Sandra Brown, anyone? Magazines are good too.

**Business-Card Holder**: So your friend can easily collect business cards from all the doctors she will see.

**Tote Bag**: She'll need some help schlepping her many notebooks, books and other supplies, says Dunn. Find something sturdy in a cute print she'll enjoy.



**Jewelry for the Cause**: Survivor Jennifer Fisher has created a **special pendant** to benefit **City of Hope**. You can also check out the **Breast Cancer Research Foundation**, **Susan G. Komen for the Cure** and the **Breast Cancer Network of Strength** to see who else is supporting research with beautiful baubles. (And be sure to click through **mystyle's Shop Pink gallery** for other ideas.)

**Scar Cream**: "For those who've had surgery, it's nice," says breast-cancer survivor June DeJonge.

**High-Quality Moisturizer and Foot Lotion**: Cancer patients can get dry skin, says Gahr. But they need "pure things," so chemical-free brands are best.

**Pampering Products**: Gahr suggests lipstick, makeup—and chocolate.

**Movies That Move Her**: Give her a one-year subscription to Netflix and she'll be able to find a film that suits whatever mood she's in.

**Restaurant Gift Certificate**: Your friend may want to use it the night before surgery, says Dunn.

**Lovingly Planted Garden**: Gather a posse of friends to create one at her home. "It helped me enjoy my backyard so much," says survivor Anna Marie Porras. And instead of sending flowers, plant some! They last longer, and they don't get thrown away.

**Personally Knitted or Crocheted Hat**: Cute headgear will keep her warm and provide some camouflage if she loses her hair.



**Headcovers Unlimited Registry**: The site sells hats, turbans and wigs for those suffering from hair loss.

**Blanket**: Your friend may feel cold during treatment, and not all centers provide blankets. Even if they do, it's nicer to use one from a friend (whether purchased or crocheted), says Stump-Sutliff.

**Fruit and Bottled Water**: Most outpatient clinics don't provide food, says Stump-Sutliff. Pack 'em in a...

**Thermal Lunch Bag**: That way your friend can keep her food and drinks cold when she's getting chemotherapy.

**Functional Fashion**: Choose loose-fitting shirts, sweatshirts and pajamas that button up the front; they're easier to get on and off after surgery, says Dunn. And don't forget...

**Slippers**: Dunn says adorable ones are fun to wear in the hospital.



**Massage Gift Certificate**: If it's for use during chemo or after surgery, call ahead to make sure the spa or massage parlor has someone on staff who is trained to work with cancer patients.

**Hand Sanitizer**: It's important to keep germs as far away as possible.

**Rubber Gloves and Gardening Gloves**: If your friend needs her lymph nodes removed, she'll need to be extremely careful about getting cuts due to increased risk for an irreversible condition called lymphedema, says Christina Koenig, a breast-cancer survivor and spokesman for the Breast Cancer Network of Strength.

**A Kitty Cat—Not!** Cancer patients need to be wary of potential sources of bacterial infection. So pets, no matter how cuddly, are not good gifts for anyone going through chemotherapy, says Stump-Sutliff.

**What to Eat During Cancer Treatment**: The American Cancer Society's latest cookbook includes 100 nutritious recipes for cancer patients (and their caregivers). Think pineapple-mango slushies and crunchy Asian salad.

Email Print Share Link Add your comment

Categories: lend a hand , fight with style , breast cancer awareness

Photo by: beautyhabit.com

Back to mystyle.com Blog home

< Previous: Is Lucy Liu Dressing Under the Influence?

Next: Ask Style: How to Skip a Trip to the Dry Cleaner's? >

## comments

Lori H. Fri, Oct 2, 2009, 1:28 PM

1. Information is very valuable, and the Internet, while unfiltered, tends to be more up-to-date than any published source. It really provides a sense of control to be informed before going to the doctor. Then when the doctor throws out alternatives requiring decisions, you feel better prepared.

Report abuse

sarah deuel Sun, Oct 11, 2009, 5:46 PM

2. i do have cancer

Report abuse

sheila m Tue, Oct 27, 2009, 4:52 AM

3. I have had breast cancer 2 times and I have learned so much by others whom have had it themselves. You can share ideas which make the situation easier to handle. The internet and comments from others is wonderful.

Report abuse

## add your comment

 Email address not displayed


this helps confirm you are a person, not a machine, and reduces spam

1000 characters left (No tags or HTML)

Post Comment

## mystyle flash

Top steals and more, straight to your in-box!

 Email

## top categories

- accessories (382)
- ask style (401)
- beauty (669)
- celebrity fashion (1380)
- celebrity fashion photos (761)
- deals (544)
- dressess (488)
- fashion (2059)
- fashion and style (1129)
- fashion dui (426)
- fashion galleries (551)
- fashion photo galleries (624)
- online fashion (651)
- shoes (375)
- shopping (1531)
- shopping deals (329)
- steals n splurges (444)
- style scene (490)
- style secret (727)
- style shows (348)

## most commented

- Style Showdown: Paris Laces Up Like Mandy Moore
- The Price of Jessica Simpson's Beauty Revealed!
- Who Looked Most Beautiful at the BAFTAs?
- Accent Your Look With a Metallic Tube Clutch!
- Who Broke the Bank? Eva or Alicia?
- Product Review: DKNY Candy Apple Perfume
- Which "Trashy" Fashionista Is Dressing Under the Influence?
- If It Imprisons You, It Matters
- Top-of-the-Week Tip: Fashion Week Tips for Easy Sultry Eyes
- Resource Guide: Genelle

## recent comments

- Diana Troidahl on If It Imprisons You, It Matters not needed on Show Your Love, Share a Smile
- Mary Ann on If It Imprisons You, It Matters nannigee on If It Imprisons You, It Matters
- Lynne on If It Imprisons You, It Matters
- Jodie Scott on If It Imprisons You, It Matters
- Patty on If It Imprisons You, It Matters
- Yvette on Show Your Love, Share a Smile
- romayne carlin on Ruby Gets Real
- Andrea on If It Imprisons You, It Matters

## tv shows

- Clean House
- Clean House Comes Clean
- Clean House: Messiest Home
- Dallas Divas & Daughters
- The Dish
- Dress My Nest
- Giuliana & Bill
- How Do I Look?
- Jerseylicious
- Kimora: Life in the Fab Lane
- My Super Sweet 16
- Open House
- Outlaw In-Laws
- Peter Perfect
- Ruby
- Style Her Famous
- Style Nightcap
- Style Tights Today
- Style Weddings
- Supernanny
- What I Hate About Me
- Whose Wedding Is It Anyway?
- Schedule
- Dress For Success
- Fight With Style

## blog

- Ask Style
- At Home
- Celeb Q&A's
- Fashion & Beauty
- The Latest Scoop
- Shop Her Style
- Shop-It List
- Steals 'n' Splurges
- Style Secret
- Style Test Drive
- Would You Wear It?

## photo galleries

- Arm Candy Couture
- Catwalk to Closet
- Clean House Before & After
- Cover Girls: Is That Really You?
- Giuliana & Bill's Wedding Album
- How Do I Look? Shopping Gallery
- Don't Try These Trends at Home
- Exclusive Discounts
- Fashionable Families
- Fashion DUI
- Spotlight: Style Network Stars
- Style Shout-Out
- Style Showdown: Who Scores?
- Top Steals of the Week
- What I Hate About Me

## games & quizzes

- Eww Tube
- High, Low or Whoa!
- mystyle Quiz
- Who Broke the Bank?

## video

## sitemap

