

WHAT THE PROGRAM COVERS

- Neuropsychological Functioning After Breast Cancer Treatment
- Cognitive Compensatory Strategies
- Attentional Abilities: Simple and Sustained Attention
- Executive Functioning: Sequencing, Planning, Organization, Abstract Reasoning, and Problem Solving
- Processing Speed
- Verbal Memory
- Visual Memory
- Language
- Emotional Regulation
- The Impact of Breast Cancer Treatment on Your Emotions

The Healthy Brain Team



Dr. Jessica Spat-Lemus is a clinical neuropsychologist experienced in conducting neurocognitive assessments and cognitive remediation with individuals of all ages who have medical and neurological disorders. She believes in moving beyond a patient's neurocognitive deficits to identify their strengths in order to improve overall functioning and well-being.

Dr. Amanda Sacks-Zimmerman is a board-certified clinical neuropsychologist with extensive experience in treating neurological disorders with cognitive remediation as well as researching the cognitive impact of stroke and brain injury. Dr. Sacks-Zimmerman treats a variety of patients who suffer from cognitive and emotional difficulties that may be the result of normal aging as well as from menopause, stroke, or chemotherapy.

Call: 646-962-3529 or 646-962-3336

Weill Cornell Medicine Brain and Spine Center

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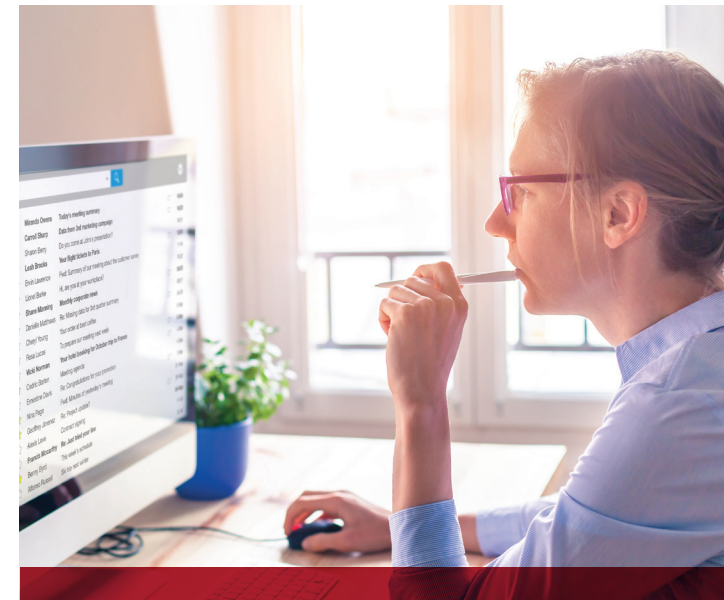
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**Weill Cornell
Medicine**
Brain & Spine
Center



A Healthier Brain After Breast Cancer Treatment

A unique program designed to help women overcome the neurocognitive effects of chemo and other therapies

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Why Can't I Think Straight? Is It Because of My Cancer Treatment?

Breast cancer is a difficult diagnosis for anyone. It is both physically taxing and emotionally draining—it takes a lot out of you, even after your treatment is complete. That's when many people experience the lingering frustration of what is sometimes called “chemo brain”—a general term used to describe the cognitive deficits following cancer treatment. You might describe it as “not being able to think straight.” Some people experience cognitive, emotional, and behavioral changes that may be triggered by:

- Stopping hormone replacement therapy during cancer treatment
- Menopause, which often occurs during or after cancer treatment
- Hormonal therapy, including hormone blockers such as tamoxifen
- Radiation therapy

Patients report difficulty with verbal and visual memory, inability to focus or concentrate, and a general sense of being mentally “foggy.” Symptoms can range from mildly bothersome to downright disabling.

Some of the most common symptoms are difficulty with:

- Focus and concentration
- Processing speed
- Word retrieval
- Memory
- Organization and planning

More than 50 percent of cancer survivors describe persistent neurocognitive deficits following cancer treatment, which adversely impacts vocational, academic, and daily functioning. The exact mechanisms for how cancer treatments create the foggy feeling are not yet well understood, but studies have confirmed that the effect is common. The symptoms may resolve within a few months or they can last for many years.

What Is Neuropsychological Treatment—and How Can It Help?

Neuropsychology is a science that aims to understand the relationship between how your brain is structured and how you actually think, behave, and feel. It also seeks to understand the ways in which experiences like cancer treatment influence your thinking skills and your emotions.

Neuropsychological treatment is geared towards helping you improve the way you think and feel. One kind of treatment is called cognitive remediation. Working with a neuropsychologist, you will learn what's going on in your brain, and how to compensate for problems that may have been caused by your cancer treatments.

Cancer treatment is complex, and it can affect the way you think, feel, and behave. The good news is that there are effective techniques to help you step out of the fog.

Scientific studies have shown that cognitive remediation programs designed for those who have had cancer treatment can improve the way patients feel, and help them step out of the mental fog.

Taking part in group sessions, where individuals are able to provide and receive support from other members, can be especially helpful.



Group Remediation Program

Our exclusive program was developed specifically for those experiencing the symptoms of cognitive dysfunction that are so common after breast cancer treatment. In this supportive group setting you will have the opportunity to:

- Explore the way you have been thinking and feeling after breast cancer treatments
- Understand the areas of your brain, including attention, processing speed, executive function, memory, and language, that are affected by cancer treatments
- Learn new strategies to help you overcome weaknesses in these areas

Understand the impact of breast cancer treatment on your emotions

Together we will help you overcome these issues and get you feeling like yourself again.

FOR MORE INFORMATION

Call 646-962-3529 or 646-962-3336

or visit

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