



Brain Fog - Core and Educational Programs

Intended Audience

For all members living with cancer and for caregivers as needed.
*It is recommended that medical treatments be finished.

Program Description

Brain Fog is a cognitive enhancement program designed to address cognitive changes associated with various cancer treatments. The program, developed by Heather Palmer (PhD Neuropsychology), provides education, enlightenment and practical strategies for dealing with the challenging aspects of post cancer brain change.

Benefits and Impact

Over the past decade more than 4,500 individuals have benefited from the interactive cognitive enhancement programs designed by Dr. Palmer. Individuals experiencing symptoms such as memory loss, reduced concentration, difficulty with multi-tasking, and decreased motor functions take great comfort in learning they can adopt measures to improve their affected cognitive skills. This highly successful program delivers optimism and support along with proven cognitive enhancement strategies easily integrated into daily life.

What to Expect at a Session

This is an eight-week educational and experiential program led by healthcare professionals skilled in the application of cognitive enhancement strategies. Sessions are 90 minutes long and class size is limited to 10 participants. Members can expect to learn about post cancer cognitive challenges, identify the nature of their limitations, and engage in exercises and techniques designed to stimulate and restore brain function.

Participant Comments

"It was a very interesting class and it did help me in a lot of ways. The facilitator was very informative, answering all the questions thrown at him."

"(This program offered) techniques to deal with the issues, connection with others and the realization that 'Brain Fog' is a reality."

"Thank you from the bottom of my heart – this program improved my quality of life."

What the Research Says:

Brain fog, or chemo brain, is widely accepted and it is now understood that chemotherapy is not the only cause, that cognitive training programs help improve cognitive functions, and that the drug memantine can help delay the onset and reduce cognitive decline in patients receiving whole brain radiotherapy. A review of this evidence can be found at <http://www.medscape.com/viewarticle/813529> (Wefel, J.S., Goodman, A. 2013. Chemo Brain: A Decade of Evidence. Medscape Oncology, November, 2013).

Program Frequency:

1.5 hours per week
8 weeks per program
1-2 programs per session
(as registration indicates)
Winter, spring/summer, fall

Optimum class size:10

Related Programs:

The Healing Journey
Returning to Work

