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## How to Look Your Best During Cancer Treatment

Caring for your appearance can help you feel better about yourself. It's especially important when you are ill, because it can be harder to feel good about yourself when you're sick.

[What the patient can do](#)

- Protect hands and nails with household gloves during chores to reduce exposure to soaps and cleaning agents. Use moisturizing creams after hand washing.
- Use an electric razor for routine shaving to prevent nicks and cuts.
- Exercise each day, as much as you can manage comfortably. Ask about an exercise plan. (See [Physical Activity and the Person with Cancer<sup>2</sup>](#))
- Get enough rest.
- Keep up with regular mouth care. But you should talk with your cancer team before setting up dental cleanings or other procedures during treatment.

## What caregivers can do

- When the patient is strong enough, encourage them to go on short outings they enjoy.
- Help the patient keep a supply of their preferred toiletries, lotions, and grooming supplies on hand.

## Hyperlinks

1. [www.cancer.org/cancer/managing-cancer/side-effects/hair-skin-nails/hair-loss.html](http://www.cancer.org/cancer/managing-cancer/side-effects/hair-skin-nails/hair-loss.html)
2. [www.cancer.org/cancer/survivorship/be-healthy-after-treatment/physical-activity-and-the-cancer-patient.html](http://www.cancer.org/cancer/survivorship/be-healthy-after-treatment/physical-activity-and-the-cancer-patient.html)

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Our team is made up of doctors and oncology certified nurses with deep knowledge of cancer care as well as editors and translators with extensive experience in medical writing.

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