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### 20 Things That Nobody Tells You About Chemo (until you're under the influence)

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***20 Things That Nobody Tells You About Chemo  
(until you're under the influence)***

1. It's not just the hair on your head.
2. Chemo attacks the fastest-growing cells - and that includes the entire lining of your gastro-intestinal tract. Bombs away! (Or you wish at times).
3. Speaking of which, have these two things on hand even if you never ordinarily use them: a friendly laxative, and a friendly anti-laxative (a tensive?)
4. Chemo does wonders for softening your skin.
5. Sex life? What sex life?
6. Everyone you see everywhere you go will say, "you look great" whether you look like shit or not. After a while, you'll wonder what in the world that means.
7. Chemo and depression go together like mashed potatoes and mashed potatoes (which you'll want fiercely at times).
8. Some people, people you thought were good friends forever, will inexplicably disappear. People you never really noticed will inexplicably appear. Just accept it.
9. When all else fails, pudding cups. Suddenly they make sense.
10. Movies are the opiate of the noidal masses. Indulge frequently. There is no such thing as excess.
11. Sleep happens, more often than you'd expect.
12. The steroids are amazing - at first! You can clean your whole house, wash the cars at 3 a.m., shampoo the dogs and dress them in costumes you just whipped up on the sewing machine, and paint the refrigerator all in one night.

13. What goes up must come down. That's just the way it is.
14. Walls are beautiful things. Ceilings too.
15. Don't throw up the kytril like I did once.
16. The dogs will never be as well-fed as during this time. The onslaught of the casseroles rides fast and high. (Keep this information very quiet - pretend you ate every bite of each casserole prepared for at least 10 of you at once.)
17. Methodists send cards and casseroles. Jews move in with you. Buddhists chant for you and hug you with great feeling at the supermarket. Lutherans pretend it's not happening. Atheists know this proves their point but they do make incredible chocolate cakes in lieu of a god. Take it all in.
18. You don't have to hold back on anything - I mean, life is short, you have cancer, why repress anymore?
19. It's a little like being pregnant - you can design your life around any and all cravings for enticing food, movies and books.
20. "The cancer card" - always keep it on you. It can get you to the front of line and biggest serving of ice cream, telephone solicitors weep in guilt when you tell them, no one expects you to load a dishwasher, and all your flaws are suddenly charming. Play it early, play it often.

with love from Caryn