



Help! I don't  
recognize the  
person in the  
mirror!

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# Cancer changes your body

- Surgeries, Chemo, radiation, drugs lead to:
  - Hair loss
  - Radiation burns
  - Pallor
  - Weight loss or gain
  - Skin rashes, dryness, itching, redness



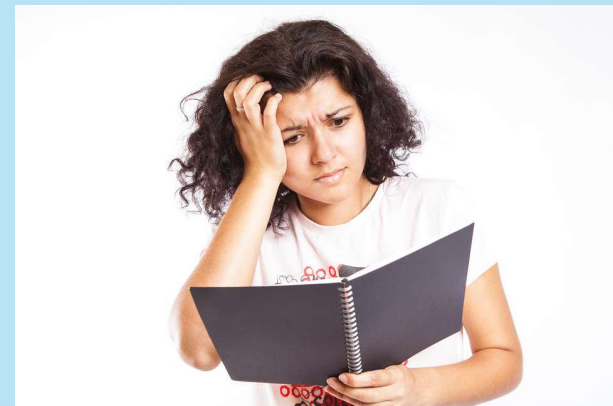
Cancer can  
change your  
appearance

# Self Image Before vs. After



- Powerful
- In control
- Competent
- Attractive
- Strong
- Independent

- Powerless
- Out of control
- Incompetent
- Maimed, disfigured
- Weak
- Dependent





# First, LOVE YOURSELF

- 
- Beating yourself up only makes you depressed. You deserve honor and praise for the hard work you've done and encouragement with each step forward.





# Take ACTION!

## Do what YOU can to look your best

- Get up
- Get dressed
- Fix your hair
- Do your makeup
- Buy at least one outfit in a great color that fits you now
- Fix what you can fix
- Start to exercise
- Talk to other survivors



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# HELP! I DON'T RECOGNIZE MYSELF!

- In the Treatment Room
- Makeup tips and tricks
- After Treatment
- Ongoing Treatment





# DURING TREATMENT

Bring color to the room!



- Yellow or Blue Based



- Bright or Blended





# DURING TREATMENT

- Choose your “uniform”
  - pick a few neutrals (navy, gray, cream, white, deep tans)
  - pick 3-4 colors that work well with them
  - mix and match different looks



# Have a “signature”





# MAKEUP TIPS

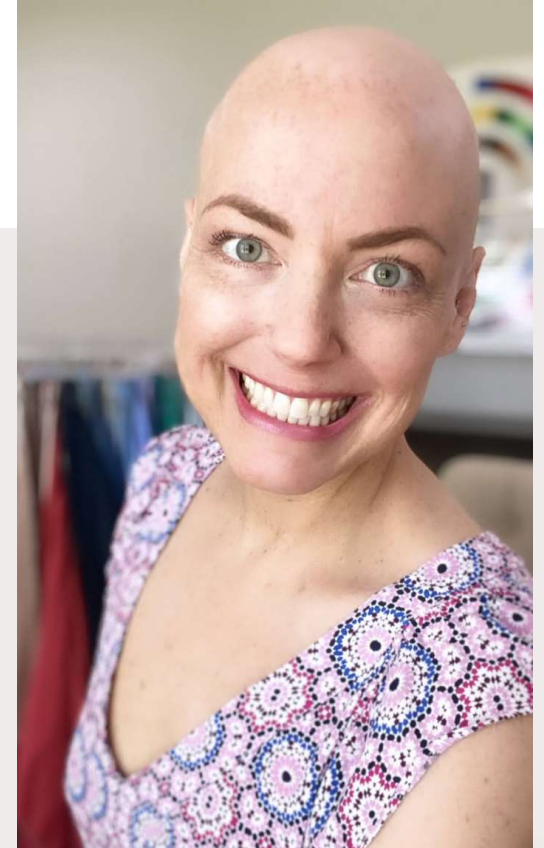
- Moisturizer (Aveeno Baby Eczema)
- SPF
- Primer or silicone base with illuminator for a little glow
- Lip mask



# MAKEUP TIPS



- Blush
- For brows, use a stencil with a soft, crayon like pencil or a temporary tattoo
- Mascara if you can
- Tightline eyeliner
- Hydrating Lipstick – draws attention to eyes, brightens face, which can often go gray



# AFTER TREATMENT

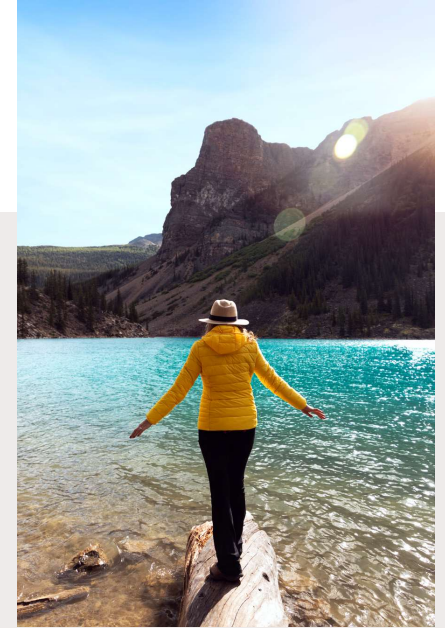
- *Your new “normal”*





# ONGOING TREATMENT

- Make the most of your time
- Take chances
- Have fun – Grab life!
- Don't let cancer define who you are









# THANK YOU!

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# Resources

- <https://lookgoodfeelbetter.org/workshops/>  
(virtual workshops on skin, nail care, makeup and more)
- <https://everyou.com> (catalog of products including head coverings, hair pieces and wigs, and mastectomy bras, camisoles)