

Cancer-Related Fatigue

Fatigue is one of the unfortunate consequences of cancer and cancer treatment.¹ It is characterised by feelings of tiredness, weakness, and lack of energy.¹

Fatigue can range from mild to severe and may change over time.¹ Your symptoms can even change from day to day.²

Up to **90%**

of cancer patients are affected by fatigue after receiving chemotherapy and/or radiation³

How bad is your fatigue?⁴



Tracking your fatigue may help you to anticipate and plan around it.

GOOD NEWS!

You can do a lot to fight fatigue and increase your energy level.

Maximize Nutrition⁵

Your body needs enough calories and nutrients, like protein, to support your treatment and your ability to cope with the side effects.

Manage Your Energy⁶

Plan your day and do not overload it. Schedule enough rests and save energy for the most important activities of the day.

Maintain Activity⁷

Light exercise may help you increase your energy levels, maintain your strength and enhance your ability to do everyday tasks.

Optimize Sleep^{6,8}

Maintain a consistent bedtime and wake up at the same time every day.

Minimize Stress¹

Get emotional support. Talking to someone about your feelings can help you deal with stress and anxiety.

Cancer-Related Fatigue Action Plan



Maximize Nutrition⁵

- Ideally, you should eat a varied and healthy balanced diet with lots of fruits, vegetables, whole grains and dairy products.
- Add healthy fats and proteins, such as fish, lean meats, eggs, beans, and nuts to help improve your immunity.
- Eat small meals and snacks throughout the day.



Maintain Activity⁷

- Try to be physically active for 30 minutes on most days.
- Choose an activity you like doing most. Both aerobic exercise (like walking or cycling) and strength training (like lifting weights) seem to be effective.



Manage Your Energy⁶

- Arrange your home so that you have shorter distances and minimize the use of stairs to do your regular activities.
- Accept help from your family or friends with activities like housework, child care, shopping, and gardening.
- Don't forget to plan rests when you are away from home.



Optimize Sleep⁸

- Avoid TV, computers, tablets and smart phones for an hour before bed.
- Relax by listening to music or reading.
- Keep your room dim and quiet.
- Refrain from caffeine products after noon.
- Be mindful of your alcohol intake. It may keep you awake or disrupt your sleep.
- Avoid napping before bedtime.



Minimize Stress⁹

- Be aware of your limits. Avoid over-scheduling chores and activities.
- Make time for activities you enjoy.
- Think positive and focus on the things you can control.
- Consider joining a support group for people with cancer to help you with managing your disease and treatment.

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