

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.



Maintain Activity⁷

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



Minimize Stress¹

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



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.



Optimize Sleep^{6,8}

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

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

- Stay as active as you can, even if you need to exercise less or at a lower intensity during treatment.
- Look to vary your exercise activity to make it easy and fun and have activities that include strength (lifting weights), stretching, and aerobic fitness (like walking).



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

- You should sleep as much as your body tells you to, but when you're awake, try to limit nap time and try to exercise at least once a day.
- Avoid caffeine for at least 6 to 8 hours before bedtime (or longer if it affects your sleep).
- Avoid alcohol
- For better sleep, learn about different relaxation techniques that can help. e.g., cognitive behavioral interventions, which can include breathing exercises, meditation, music or hypnosis, that can help you relax physically and mentally.



Minimize Stress⁹

- Take breaks from television and social media.
- Keep regular contact with those you trust to share concerns and can provide emotional and other support or check in on others on how they are feeling.
- Take time to do relaxing activities you enjoy and exercise regularly.

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