

## **Fatigue**

Patients with cancer and their families may experience the symptom of fatigue. Fatigue is defined as a feeling of exhaustion or lack of energy that results in decreased activity or alertness. It can be a result of cancer, chemotherapy, and radiation as well as other medical complications.

### **Suggestions to help relieve and cope with fatigue:**

- Maintain good nutrition and drink plenty of fluids (6-8 eight ounce glasses).
- Limit the amount of caffeine and alcohol you drink.
- Take several short naps or breaks rather than one long rest period.
- Take short walks or do light exercise.
- Keep a diary of your energy level to see if there is a pattern. This will help you plan your daily activities for times when you may have more energy.
- Prioritize your activities. Save your energy for the most important things.
- Accept help from others.
- Join a support group. You can share your feelings and frustrations to ease the burden of fatigue and learn coping strategies from others.

### **Notify your physician:**

- If your level of fatigue is lasting longer than you think it should or if it is continuing to affect your quality of life.
- If you experience confusion or difficulty with simple decision making. If you are unable to maintain the activities of daily living.