

# Fatigue

Fatigue is a common, usually temporary problem for persons with cancer. It can have many causes: anemia, accumulation of waste products from cell destruction from the chem. treatments, protein calorie malnutrition, disruption of sleep patterns, chronic pain, anxiety, depression and the stress of coping with the disease.

## **Things to Do:**

1. Rest more often-going to bed earlier or getting up later is usually beneficial. Maintain as closely as possible your activities to your energy level. Gradually increase activity as tolerated.
2. Drink 8-10 glasses of fluids a day, especially water, to decrease the accumulation of cellular waste products.
3. Plan consistent periods of exercise if able.
4. If full-time work is impossible, consider working part-time. Your doctor can send a note to your employer to explain the necessity for rest periods or absences for medical treatment during the day.
5. Maintain an optimal nutritional status. Include foods that are rich in iron: liver and other organ meats, seafood, green leafy vegetables, cereals, nuts, and legumes. Take nutritionally complete dietary supplements or vitamin supplements if unable to maintain a balanced diet (but check with your doctor first).