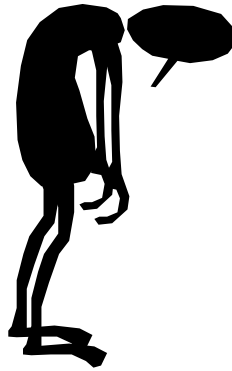


December is Cancer Related Fatigue Awareness Month



What is cancer-related fatigue?

Cancer-related fatigue is a constant feeling of tiredness from cancer or cancer treatment. The tiredness may prevent you from doing your normal, daily activities.

This feeling may range from tiredness to exhaustion and may not be relieved by rest or sleep. Types of fatigue may be physical, mental, or emotional.

What are the key statistics about cancer-related fatigue?

Cancer-related fatigue is one of the most common side effects of all cancer therapies. Between 80% and 100% of people with cancer report having fatigue. For some people, it may last for weeks, months, or years after cancer treatment ends.

What are signs and symptoms of cancer-related fatigue?

- Tiredness that doesn't get better with rest or sleep, keeps coming back, or becomes severe
- More tired than usual during or after an activity
- Feeling tired and it's not related to an activity
- Too tired to do your normal activities
- Arms and legs feel heavy and hard to move
- Feeling very weak
- Spending more time in bed, sleeping more or have trouble sleeping
- Staying in bed for more than 24 hours
- Being confused, can't concentrate, or focus your thoughts
- Tiredness that disrupts work, social life, or daily routine

Cancer related fatigue has different meanings to different people. Words that have been used to describe it include:

- listless
- sluggish
- faint
- apathetic
- tired
- no motivation
- exhausted
- pooped
- unable to think
- lack of mental sharpness

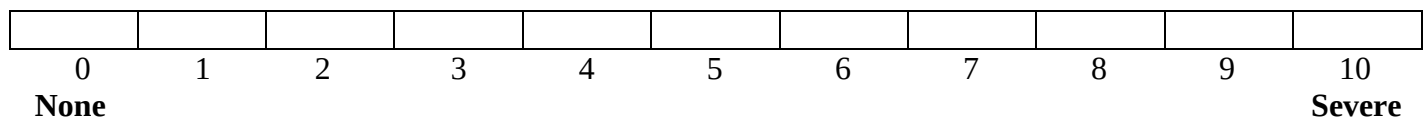
Physical activities that you could easily complete may now leave you exhausted. Routine daily activities, such as bathing, can become overwhelming. Cancer-related fatigue could make it hard or impossible to meet the everyday needs of family, friends or work responsibilities. For example, making meals or doing the food shopping may become too exhausting. Ask someone else to take over this job. It may also be harder for you to follow your cancer treatment plan. Although there may be many people to help out, not being able to do the things you could previously do may be upsetting. There is a very strong relationship between depression and fatigue. Fatigue can lead to depression and depression can lead to fatigue.

Other illnesses may also cause fatigue or make it worse. Pain or other conditions, such as thyroid problems and anemia (low red blood cells), can cause fatigue.

Is there a way to measure fatigue?

Only you can measure your sense or feeling of fatigue. There are fatigue surveys that can help find out how tired you are. Based on your answers, a score is given. One very simple tool to help track your fatigue is the following scale:

Rate your fatigue on a scale of zero to ten. 0 = no fatigue and 10 = worst fatigue ever.



If you keep track of the fatigue in a diary, you can see a pattern. If you receive chemotherapy every three weeks and keep a daily record (on the 0 – 10 scale) of the fatigue, sometimes a pattern comes into sight. After a couple of cycles it may become clear from the fatigue diary that your worst fatigue is during the first couple of days after chemotherapy. This is useful information. You can then plan light activities for your low energy days and plan activities that need more energy on your other days.

Cancer-related fatigue during treatment

- **Chemotherapy:** Cancer-related fatigue during treatment will follow a predictable pattern. Keeping a diary during your first couple of cycles of treatment may make it clear when you can expect the fatigue to be at its highest.
- **Radiation Therapy:** During radiation therapy, fatigue may increase over time. Often times, this fatigue builds up over the entire course of treatment.

- **Surgery:** Cancer-related fatigue after surgery should improve as you recover from the surgery. However, this may be different depending on your body.
- **Immunotherapy:** Cancer-related fatigue in people receiving immunotherapy can be difficult. It occurs in almost everyone who receives this medicine. There are clear ways of handling this fatigue. The most helpful is staying physically active. Your healthcare team will monitor you closely for fatigue if you are on this therapy.
- **Blood and Marrow Transplant:** Fatigue is expected in the first few months of transplant. Ongoing fatigue may be present years later.

Other causes of cancer-related fatigue

- **Poor nutrition:** Side effects of treatment and the cancer itself can cause changes in appetite, nausea, diarrhea, mouth sores, or problems with absorbing nutrients. This can all lead to poor nutrition. Eating less food will result in less energy.
- **Anemia:** Some chemotherapy agents and treatments can cause a decrease in the number of red blood cells in the body. Red blood cells carry oxygen to the cells of the body. Without oxygen, cells cannot easily make energy, which can result in fatigue.
- **Medicines:** Medicines used to manage side effects of cancer treatment can cause fatigue. For example, pain medicine and medicine to prevent nausea can both cause fatigue.
- **Emotions:** Anxiety and depression are common emotions that cancer patients may have. Both of these emotions can lead to fatigue.
- **Symptoms:** Pain, nausea, diarrhea, sleep disturbances, and shortness of breath are just a few of the symptoms that are distressful and tiring to cancer patients.
- **Activity/Rest Cycle:** In some cases, you may not realize that trying to keep your lifestyle the same as it was before your diagnosis may be the cause of fatigue.

What can be done to reduce cancer-related fatigue?

Cancer-related fatigue has many causes and some are easy to change. For this reason, it is important to let your healthcare team know if you are fatigued. The source of your fatigue can then be found by looking at the treatments you are receiving, medicines you are taking, your sleep patterns, your daily activity, your blood tests, and your emotional well-being.

Your fatigue may be related to medicines that can be changed. It may be that your fatigue is caused by anemia (low red blood cells). In this case, your healthcare team can give you medicine to help the anemia. The earlier you let your healthcare team know that you are fatigued, the sooner you will receive help.

Tips to help manage the cancer-related fatigue

Conserve Energy

- Learn to recognize the early warning signs of fatigue such as heavy legs, inability to concentrate, and tired eyes. Rest before exhaustion takes over.

- Once you know the pattern of your fatigue, plan your routine so that you can put rest periods in place before you expect to experience fatigue. Pace yourself throughout the day.
- Prioritize what is most important for you to do. Have others do your remaining tasks for you. Do not be afraid to ask for help!
- Try to avoid getting too hot or too cold.
- Arrange your tasks to preserve energy. Use good body mechanics and avoid rushing.

Nutrition is Energy

- Maintain optimum body weight. If you are losing or gaining weight, ask to speak with the dietician.
- Drink a variety of fluids throughout the day such as water, juices, sports drinks, broth, soups, gelatin, milk, and shakes. Decaffeinated coffee, tea, and soda are good choices, too. It is suggested to consume at least eight (8 ounce) glasses of fluids per day.
- Eating 3 meals each day may no longer work for you. You may find it easier to eat 5-6 small meals each day or to include snacks between your meals.

Exercise

- Physical activity and rest should be balanced in order to lessen fatigue. Decreased physical activity can lead to fatigue. Being physically active can increase energy and relieve fatigue.
- Talk to your healthcare team before starting an exercise program. For safety and the most benefit from exercise, you should obtain a program specific for your needs.

Relaxation

Relaxation exercises, listening to music, spending time in quiet natural settings and reading are ways that can help lessen your fatigue.

Cancer Prevention Trials at Rutgers Cancer Institute

If you would like information about clinical trials for preventing cancer, please call Rutgers Cancer Institute's Office of Human Research Services at 732-235-7356. For additional information about nationwide cancer prevention trials, you can call the National Cancer Institute at 1-800-4 CANCER or visit their website at www.cancer.gov.

Where Can I Find Further Information?

Resource and Learning Center

848-379-4200 ext 83296

www.cinj.org/rlc

Provides reliable, relevant and current information about all aspects of cancer.

The American Cancer Society

1-800-ACS-2345

www.cancer.org

CancerCare
1-800-813-HOPE (4673)
www.cancercares.org

National Comprehensive Cancer Network
1-215-690-0300
www.nccn.org

National Cancer Institute
1-800-4-CANCER
www.cancer.gov

Cancer.Net
1-571-483-1780 or 1-888-651-3038
<http://www.cancer.net>



RLC website QR code
Scan with smartphone / device