Fatigue

WHAT IS IT?

Fatigue is the feeling of having little to no energy, making it hard to do daily tasks and activities. It can be physical, emotional, and/or mental, and it can affect several areas of one’s life, including social relationships, job performance, mood and emotions, attitudes, etc. People experiencing fatigue often feel tired even after getting a good night’s sleep, often have trouble concentrating, and often struggle to find words when speaking.

HOW COMMON IS IT?

According to breastcancer.org, fatigue is the number one symptom associated with breast cancer treatment, and it is estimated that 9 out of 10 cancer patients experience fatigue during treatment. Furthermore, prevalence of fatigue can still be as high as 30% in long-term cancer survivors.

TIPS FOR MANAGING IT:

- Exercise and stay active to help you fight fatigue and sleep better
- Drink plenty of water
- Eat healthy, including plenty of fruits, vegetables, proteins, and whole grains
- Manage stress through relaxation practices such as meditation or deep breathing
- Take naps (no longer than 30 minutes)

Here are links to more information and tips regarding fatigue:

http://www.breastcancer.org/treatment/side_effects/fatigue

http://www.cancernetwork.com/oncology-nursing/fatigue-long-term-cancer-survivors