



What can I do about Fatigue?

Fatigue, or extreme tiredness in cancer is not the same as the fatigue you have after being active. It is often worse and does not get better with simple rest.

With fatigue, people may say their body and mind feel tired. This is a common problem that people have both during and after cancer treatment.

What works for fatigue?

- The **best way** to lessen fatigue is **exercise**. Do moderate exercise at least 3 times a week. Try to exercise a total of 20 to 30 minutes a day. It doesn't need to be done all at one time. Take a walk or do some other activity you enjoy. Talk to your doctor or nurse about what exercise is best for you.
- Tell your doctor or nurse if you are feeling tired or if your fatigue is getting worse. Fatigue can be caused by low red blood cells, called anemia, or hormone changes. These problems can be treated. Your doctor or nurse may order blood tests to see if you have these problems.

Other things that might help fatigue

- Massage or aromatherapy massage
- Yoga
- Ginseng, which is an herb. Ginseng interacts with a lot of other medicines, so you must **check with your doctor or nurse before taking Ginseng to make sure it is safe for you.**
- Manage your activity level and conserve your energy. Do any needed tasks when you have the most energy. Pace yourself. Take time to rest in between times you are more active.
- Get enough sleep. If you have trouble getting to sleep or staying asleep, tell your doctor or nurse. Ask them about ways to improve your sleep.

Other things to know

- Medicines that are stimulants are not shown to help fatigue with cancer.
- Herbal supplements, high doses of vitamins, sleep aids and other medicines do not help. Sometimes they can harm you, so **always talk to your doctor or nurse before trying new treatments for fatigue.**

