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Cancer-related Fatigue

Many people with cancer have **fatigue** (a feeling of being very tired, low-energy, and worn out). This can happen before, during, and after treatment. Some people report that their fatigue lasts for weeks, months, or even years after they finish cancer treatment.

There are steps you can take to help manage your cancer-related fatigue.

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What is cancer-related fatigue?

Cancer-related fatigue (CRF) is a physical, emotional, and mental feeling of tiredness or exhaustion in someone with cancer. This feeling doesn't get better with rest and sleep.

CRF is often worse and harder to manage than the fatigue people who don't have cancer get. It can happen whether or not you are in cancer treatment.

What causes cancer-related fatigue?

Cancer-related fatigue can be a symptom of cancer itself. This is especially true if your cancer is more advanced. But there are also many other things that can cause CRF.

from sleeping well.

Sleep apnea is rarely caused by cancer or cancer treatment. It is usually something a person has before they are diagnosed with cancer. Like sleep apnea, restless leg

weary, or worn-out. Fatigue can make it hard for you to keep up with your work, social life, or daily routine. For some people with cancer, fatigue can cause even more distress than side effects like pain, nausea, or vomiting.

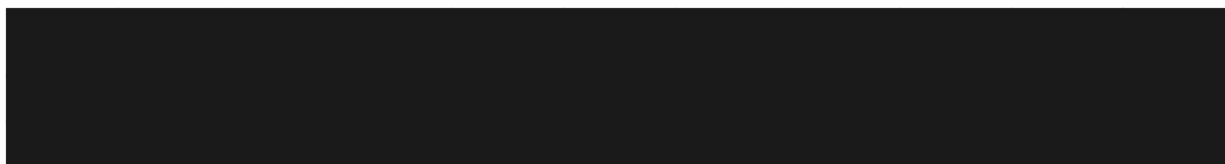
Cancer-related fatigue might make you feel:

- Tired in a way that doesn't get better with rest or sleep
More tired than usual during or after an activity

understand how it makes you feel. To do this, they might ask you to rate and describe your fatigue. There aren't any lab tests or x-rays to diagnose fatigue, so the best measure is how you describe it.

You might be asked to rate your fatigue as none, mild, moderate, or severe. Or you might be asked you to rate your fatigue on a scale.

Fatigue is often rated on a scale of 0-10. Using this scale, 0 means no fatigue at all, and 10 means the worst fatigue you can imagine.



If you have any fatigue, your health care team will probably ask you for more details.

You might be asked:

- When did your fatigue first start?
- How long has it lasted?
- Has it gotten better or worse over time?
- Does anything make it better? Worse?
- Are there times of day you notice it more?
- How has it affected the activities you enjoy or the things you do every day?

Treatment for fatigue

How your health care team treats your fatigue will depend on the cause and symptoms.

Common treatments for fatigue include:

Medicines, supplements, and transfusions

Your cancer care team may prescribe medicines that might make you feel more alert and awake. Check with your cancer care team before taking any medicines or supplements that they didn't tell you to take. Some medicines and supplements might interact with your cancer treatment.

If you have [anemia](#)⁶(low red blood cells), your treatment will depend on how low your

red blood cell count. You might be given supplements, medicines to help your body make more red blood cells, or transfusions.

Pain control

If pain is adding to your fatigue, your health care team will work with you to come up with a [pain control](#)⁷ plan. This might include medicines and non-medical ways of managing your pain.

Counseling and stress management

Your [emotions, moods, and mental health](#)⁸ could make your fatigue worse. Counseling, stress management, and relaxation exercises might help you cope and learn to deal with the tiredness you feel.

Sleep therapy

If you're having [problems sleeping](#)⁹, or if you're sleeping too much, your cancer care team might suggest sleep therapy. This therapy can help you sleep better, wake up less, and learn ways you can change your routine to get a more restful night's sleep.

Physical activity

Lack of physical activity can make fatigue worse. If you would like help finding a safe [physical activity plan](#)¹⁰, ask your health care team to refer you to a physical therapist or other exercise specialist.

Nutrition

Some people with cancer have a hard time eating a diet with enough nutrients. Your cancer care team may want to check and see if you have enough vitamins and minerals in your body.

It also might help for you to talk with a registered dietician (RD) if you are having trouble eating. An RD is an expert in nutrition, food and diet and can give you ideas about how to eat more food and drink fluids.

Palliative care

Many people with cancer-related fatigue have other side effects as well. If so, your

cancer care team might suggest that you work with a palliative care team.

[Palliative care](#)¹¹ helps patients and caregivers manage the symptoms of cancer and side effects of cancer treatment at any point after diagnosis.

Tips for managing fatigue

There are many things you can do to help manage your fatigue, including:

Physical activity and exercise

Be as active as you can. Start slowly and add more activity as you are able.

Try to be get some physical activity each day. Even short walks can ease fatigue and help you feel better.

Combine aerobic activity and weight training. Try to get a combination of aerobic activity (walking, riding a bicycle, swimming, etc.) and resistance training (weights).

Try other types of activity. Activities like yoga, tai chi, or stretching can also help ease fatigue.

Follow a daily routine. Keep as normal a level of activity as you can.

Check with your doctor or cancer care team before you become more physically active if you have:

- Cancer that has spread to your bones (bone metastasis)
- Low platelet count
- Fever or active infection

Focus on important things first. Decide which things you most need or want to do and focus on those first. Do them during times when you have the most energy.

Put items in reach. Put things that you use most often within easy reach.

Ask for help. Ask your family or friends to help with the things you find tiring or too hard to do. Their support might help you cope better with your fatigue.

Lowering your stress

Try yoga, Qigong, meditation, or mindfulness and relaxation exercises. These exercises might lower your stress. If you want help getting started, check with your cancer care team for resources.

Consider counseling. Counseling, either on your own or in a group, can help you find ways to cope with your cancer, symptoms, and side effects.

Try massage or touch therapy. These therapies have helped some people with cancer lower their stress levels and sleep better. Talk to your cancer care team before starting massage therapy.

Join a support group. This could help you share your concerns and learn how others have coped. Ask your cancer care team about support groups in person or online.

Trying to get good sleep

Try to sleep 7 to 8 hours each night. Regular bed and wake times along with a sleep routine might help.

Take only short naps or rest breaks. Try to limit your naps and rest breaks to less than 30 minutes during the day. Longer naps can make it harder to go to sleep at night.

Exercise, but not right before bed. Try to exercise at least 30 minutes a day but at least 2 hours before bedtime. Choose a time of day when you have enough energy to be active.

Avoid caffeine before bed. Avoid caffeine at least 4 hours before bedtime.

Eating well

Eat a balanced diet. Try to eat a diet that includes protein, fruits, vegetables, and

whole grains.

Stay hydrated. Drink fluids throughout the day to stay hydrated.

Meet with a registered dietician. Ask your cancer care team about meeting with a registered dietician if you are having trouble eating. They can check to see if you are getting the calories and nutrients you need to keep your energy up.

When to call your health care team

Call your health care team or cancer care team if:

- You feel too tired to get out of bed for a 24-hour period.
- You have problems waking up.
- You have problems catching your breath when you are active.
- Your fatigue seems to be getting worse.

Hyperlinks

1. www.cancer.orgfile:///C:/cancer/managing-cancer/treatment-types/chemotherapy.html
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 9. www.cancer.org/cancer/managing-cancer/side-effects/fatigue-weakness-sleep/sleep-problems.html
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