

Fatigue

Information for Patients on Cancer Treatment

Fatigue is the most common symptom patients with cancer have. Fatigue makes you feel very tired, may not fully go away with rest or sleep, and can affect your daily activities.

There are many causes of fatigue, including:

- Cancer and its treatments
- Medications
- Pain
- Low red blood cell counts
- Difficulties sleeping
- Depression

How should I manage my fatigue?

- Do light, regular exercise when you can
- Eat more protein and easy-to-prepare meals
- Drink more water
- Include rest periods between activities during the day

Go to your nearest **Emergency Department** if:

- You suddenly feel dizzy, short of breath, chest pain, or confused with your fatigue
- You fall because of your fatigue