

Managing Cancer-Related Fatigue

Fatigue, or feeling very tired, is common among cancer patients. Cancer treatments, like chemotherapy and other medicines, cause fatigue as a side effect. The cancer itself can cause your body to use more energy than normal, making you tired. Just the stress of having cancer alone can make you feel tired.

Cancer-related fatigue is not the same as usual tiredness. You may feel tired even after sleeping. It can last a long time and affect your everyday life.

There are no specific treatments for cancer-related fatigue, but there are things that can help. This guide will offer some advice about managing your fatigue. Your care team can also help you find resources and routines that work for you. Please ask them any questions you have. They are here to support you and will help in any way they can.



What You Can Do to Help

You can take steps to help your body rest and feel better:

- Rest often and do not push yourself too hard. Take breaks during the day.
- Try to sleep on a regular schedule. Rest when you are tired.
- Eat foods like fruits, vegetables, and lean proteins. Good food gives you energy.
- Drink plenty of fluids like water, juices, or soup. Staying hydrated helps your body work better.



- Do gentle activities like walking short distances or stretching. Avoid heavy exercise if you are very tired.
- Take time to relax and do things you enjoy. Listening to music or reading can help.
- Keep a schedule so your body knows when to rest and when to be active.

What Your Care Team Can Do to Help

Your care team may have suggestions that can help, such as:

- Your medicines may be adjusted to manage your fatigue.
- If you have anemia caused by your cancer or its treatment, red blood cell transfusions or injections may be used to improve your red blood cell numbers.
- Your care team may suggest taking energy-boosting supplements.
- They may teach you ways to relax and reduce stress, like deep breathing or meditation.
- They can offer advice on how to eat for energy.

When to Contact Your Care Team

Call your care team if:

- Your fatigue becomes much worse or does not improve with rest.
- You have trouble sleeping, or your sleep gets worse.
- You notice new or worrying symptoms.
- You have questions about managing fatigue or your treatment.

When to Call 911 or Go to the Emergency Room

Seek help right away if:

- You lose consciousness or cannot wake up.
- You feel very faint, dizzy, or unable to stand.
- You have chest pain or trouble breathing.



Thank You for Choosing Us

Thank you for trusting us with your care. We are here to support you and want you to feel your best. Contact us with any questions.

IF YOU HAVE A MEDICAL EMERGENCY, CALL 911 OR GO TO THE EMERGENCY ROOM.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.

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