



## Is It Normal to Have Fatigue With Cancer?

by NEWLIFEOUTLOOK TEAM

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### Cancer Fatigue During Treatment

Since fatigue can be a problem for some people during cancer treatment, it's important to know how to manage it. You should perform activities that you need to do when you have energy and then leave relaxing and rest during times when you're low on energy. Perform easier or shorter versions of your normal exercise, since you may still be adapting after the treatment. Stress will make your fatigue worse, so if you're feeling stressed about your treatment or about your life after treatment, you should talk to your health care team and learn about managing stress.



## Some Conditions with fatigue as a symptom

|                          |                     |
|--------------------------|---------------------|
| Medications              | Fibromyalgia        |
| Pain                     | Lupus               |
| Strep Disorders          | Multiple Sclerosis  |
| Relationship Abuse       | Anemia              |
| Anorexia                 | Asthma              |
| Athritis                 | Depression          |
| Cancer                   | Parkinson's Disease |
| Diabetes                 | COPD                |
| Chronic Fatigue Syndrome |                     |

|           |           |
|-----------|-----------|
| Tired     | Worn-Out  |
| Weak      | Heavy     |
| Exhausted | Slow      |
| Weary     | Lethargic |

### Fatigue is:

- Lack of Motivation
- Lack of Energy
- Wearing Out Easily
- Real

### Fatigue isn't:

- Lack of Passion
- Laziness
- Just Being Tired
- Fake or Imagined

### Fatigue Can Affect:

- Your mood
- Physical function
- Work performance
- Social interaction
- Family care
- Cognitive performance
- School work
- Community activities
- Sense of self
- Your appetite





# Measuring Fatigue

The **Fatigue Severity Scale (FSS)** is a self-reported questionnaire used to measure your fatigue. It consists of ...

## NINE Questions, each rated on a scale of 1-7

To score the **Fatigue Severity Scale** enter each item's number below. Items will range from 1-9 or find the mean by adding your items together and dividing by 9. Items will range from 0-9.

In either case, the higher the number you calculate is, the more fatigued you are.

- 1**  **Quantity & Quality of Sleep**
  - ✓ Have a regular bed time and wake up time
  - ✓ Use your bed just for sleeping
  - ✓ No hard activities if you're not sleepy
  - ✓ Room should be dark and quiet
- 2**  **Proper Nutrition<sup>vi</sup>**
  - ✓ Get daily value of vitamins and minerals
  - ✓ Find out about proper nutrition at [www.nutrition.gov](http://www.nutrition.gov)
  - ✓ Consult your doctor or a nutritionist/dietitian so you can get the most out of what you eat
- 3**  **Regular Exercise**
  - ✓ Choose an enjoyable exercise
  - ✓ Do what you like and then try doing a little bit more each day
  - ✓ Try tai chi and yoga to combine stretching, breathing, and calming exercises
- 4**  **Relaxation**
  - ✓ Avoid stress or stressful situations
  - ✓ Do what you like relating: read a book, do yoga, sit outside, listen to music, etc.
- 5**  **Balance Work and Personal Life**
  - ✓ Spend your time off work with family, friends, or doing preferred activities
  - ✓ Limit the amount of work you bring home with you
- 6**  **Avoid Drug Use**
  - ✓ Avoid stimulants including: coffee, nicotine, methamphetamine, cocaine
  - ✓ Avoid sedatives

[illegible]

### Resources:

1. Canadian Centre for Occupational Health and Safety  
<http://www.ccohs.ca/>
2. National Cancer Institute  
<http://www.cancer.gov/>
3. National Library of Medicine  
<http://www.nlm.nih.gov/>
4. National Parkinson's Foundation  
<http://www.parkinson.org/>
5. United States Department of Agriculture