



Is It Normal to Have Fatigue With Cancer?

by NEWLIFEOUTLOOK TEAM

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.

