

SUPPORT WITH CANCER-RELATED FATIGUE

What is cancer-related fatigue?

Cancer-related fatigue is an extreme form of tiredness and exhaustion. It may be caused by the cancer itself or its symptoms. It can also be a side effect of treatment.

Symptoms can include:

- feeling tired or weak
- difficulty doing daily tasks, like getting dressed
- difficulty concentrating, or remembering things
- feeling low in mood or more irritable than usual
- losing interest in things you normally enjoy.

As many as 9 out of 10 people with cancer may feel fatigued at some point, and fatigue can happen before, during or after treatment. The symptoms may not be helped by rest or sleep and can affect you physically and mentally.

It can be difficult to explain to others that what you are feeling is more than just tiredness. It's important to know that you are not alone, and that your experiences are valid and worthy of support.

Fatigue symptoms can be managed, understanding why you're feeling fatigued and making small changes to your lifestyle can help to reduce its impact. Find out more about what can help on the reverse of this leaflet.




Find more information online at:

www.macmillan.org.uk/york

Macmillan's Cancer Health & Wellbeing Support Service in York can help:

- with a friendly conversation about how you're feeling
- with resources to help you manage fatigue.

Phone lines are answered between 8am - 4pm on Mondays to Fridays.

Call:  01904 721166

Scan:
The QR code to send an email and receive a reply.



Things you can do to help manage fatigue:



Eating Well

Eating well and focusing on nutrition can help improve cancer-related fatigue.

- Your appetite may be lower than usual before or during treatment. Try to eat foods you enjoy as this may help you to eat more.
- Meat, fish, eggs and pulses are good sources of protein, which is needed to increase muscle strength.
- Butter, margarine, oil, ghee and cream contain energy and fat-soluble vitamins and are helpful in small amounts.



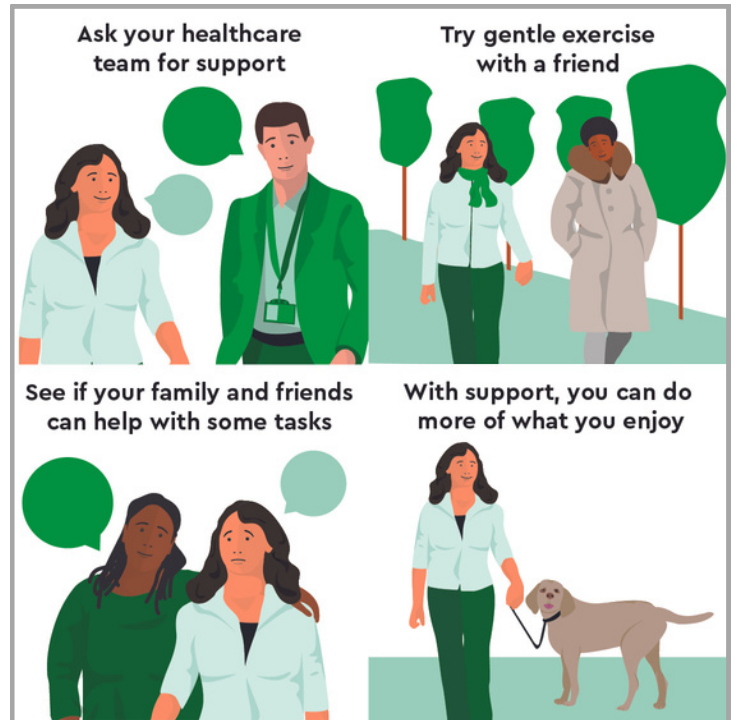
Mental Wellbeing

- Good quality sleep can help combat fatigue. Try to keep to a consistent sleep routine and if possible keep mobile phones out of the bedroom.
- Prioritise your time and energy. Setting small goals each day can help you feel a sense of progress.
- Mental Health struggles can increase fatigue. If you need support, speak to your doctor or the Wellbeing Team.



Physical Activity

- It may seem strange, but gentle activity can help to increase your energy
- Start simple, such as with walking and gentle stretches. Build it up bit by bit.
- Pace yourself, don't exercise if you feel unwell or in pain and tell your doctor if you're worried.
- Try lower impact activities, like cycling or aqua aerobics, and adapt activities to make them easier. Household chores are exercise too!



"Cancer-related fatigue really affected my life. I was shown different ways to manage and recover from fatigue, which made a huge difference and helped my recovery.

I just wish I had known before my treatment started that fatigue could be reduced with simple lifestyle changes. It would have saved me a lot of time, effort and money."



Carers' Corner

Caring for someone living with cancer is a very important role, but it can also be difficult.

- Communication is key: take time to talk and understand each other's feelings
- Ask what you can do to help, so that the person with cancer can save their energy
- Seek support for yourself too: the Wellbeing Service is here to listen.

