

**McLaren Print System Order**

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**Forms**

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**TIPS FOR MANAGING CANCER-RELATED FATIGUE (CRF)**

**What is cancer related fatigue and how is it different from normal fatigue?**

Cancer related fatigue is different from the fatigue that you experienced before developing cancer. Persons undergoing cancer treatment may experience fatigue that is not relieved by rest. Fatigue may result from cancer treatments or from the disease itself, however, the cause is not fully understood. The fatigue will go away gradually after treatment is complete but there are some things you can do to help balance your fatigue and treatments.

<b>Rest</b>
<ul style="list-style-type: none"> <li>✓ Plan your day so you have time to rest. Short naps or breaks are recommended so it does not interfere with your ability to sleep well at night.</li> <li>✓ Keep a daily diary and note your energy levels, treatments received that day and other activities. This will help you identify times when you have more energy and may need to rest and other times that you may have more energy and can perform most important activities.</li> </ul>
<b>Diet and Exercise</b>
<ul style="list-style-type: none"> <li>✓ Regular moderate exercise has been shown in recent research to be effective and is recommended for most persons during and after cancer treatment for helping to manage CRF. Check with your doctor or therapist if exercise is appropriate for you.</li> <li>✓ Exercise can help you sleep better and improve your mood.</li> <li>✓ Drink plenty of water and eat a healthy diet. Avoid caffeine and alcoholic drinks.</li> <li>✓ Don't stand too long.</li> <li>✓ Avoid activity in extreme temperatures.</li> </ul>
<b>Schedule Activities</b>
<ul style="list-style-type: none"> <li>✓ Try to perform activities that require high-energy use at times of peak energy.</li> <li>✓ Prioritize activities.                         <ul style="list-style-type: none"> <li>○ Consider doing the activities you enjoy but do them more easily or for less time.</li> <li>○ Save your energy for the important things.</li> <li>○ Prioritize your list of tasks into items that must be done, items that can be done later, and those that can be eliminated.</li> </ul> </li> <li>○ Do one each day.</li> <li>○ Divide the task into smaller parts and take breaks after accomplishing each part.</li> <li>✓ Delegate                         <ul style="list-style-type: none"> <li>○ Ask family and friends for help. (Don't forget to thank your helpers).</li> <li>○ Make specific requests for what you need. People who offer to help really want to but they may not know what to do. You may want to choose one person (job coordinator) to help you coordinate help for routine chores.</li> </ul> </li> </ul>

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