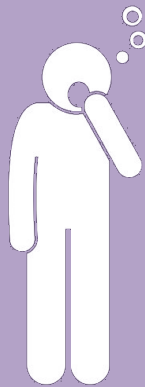


Fatigue / Tiredness



Réseau de
cancérologie
Rossy

Rossy
Cancer
Network

Symptom Management Tip Sheet



Let's talk about fatigue/tiredness...

- Fatigue/tiredness is the most common symptom of cancer and the most common side-effect of cancer treatment.
- Fatigue/tiredness can feel like constant and heavy exhaustion. It feels like you have less energy and lower ability to focus.
- It is not the same as being tired at the end of the day. It is not relieved by rest, and can interfere with your usual activities.
- **CALL YOUR HEALTHCARE TEAM IMMEDIATELY**, If you have a sudden increase or unusual fatigue or weakness in the legs

** If you are undergoing **IMMUNOTHERAPY** and have these symptoms please contact your healthcare team as soon as possible. Delays can increase side effects and toxicity.*



What you can do

- Use a diary to track your fatigue patterns to help with planning your activities.
- Save energy for things that are important to you.
- Listen to your body and rest when you need to
- Make sure you are eating/drinking enough to meet your body's energy needs.
- Stay as active as possible (try walking 20-30 minutes, 3-5 times per week).
- Ask for support from family and friends.
- Try activities to make you more relaxed (e.g. relaxation therapy, meditation, deep breathing, or guided imagery).
- Ask your healthcare team about trying home-based white light therapy.
- For tips on improving your sleep, please refer to the "Sleep Changes" tip sheet.
- Ask your healthcare team for a referral for help with fatigue (e.g. rehabilitation specialist or occupational therapist).

Based on: Remote Symptom Practice Guides for Adults on Cancer Treatments © 2020 D Stacey for the Pan-Canadian Oncology Symptom Triage and Remote Support (COSTaRS) Team. University of Ottawa School of Nursing and the Ottawa Hospital Research Institute, Ottawa, Canada.

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

Other resources

Managing Fatigue

<https://bit.ly/cco-fatigue>

Fatigue and Chemo (video)

<https://bit.ly/cancer-chemocare>

Managing your Energy (video)

<https://bit.ly/youtube-fatigue>

More resources at

mcgill.ca/rcr-rcn/patient

Who can help



Nurse Navigator (IPO)

If you have one, please speak with your IPO

Oncology Pharmacy

514-340-8222 ext. 25940

Dietitian

Ask your doctor or nurse for a referral

If you are getting treatment at:

▪ Oncology Clinic, call:

Symptom Management Hotline

514-340-8222 ext. 25529

Mon – Fri. 8h00-16h00

Nights/Weekends: 514-340-8232

▪ Radiation Oncology Clinic, call:

514-340-8222 ext. 24124