



TORRANCE MEMORIAL

CANCER SURVIVORSHIP PROGRAM

A PARTNER WITH THE UCLA-LIVESTRONG™ CENTER OF EXCELLENCE

BREAST CANCER SURVIVOR PROGRAM

FATIGUE

- Fatigue is defined as a persistent and subjective sense of tiredness that interferes with usual functioning
- Fatigue is the most widely experienced adverse side effect of cancer and cancer treatment
- Many factors can contribute to fatigue including emotional distress and depression, anemia, insomnia, hormonal imbalance, cardiac or pulmonary problems, medications, and pain.
- Although extensive research exists to discover the causes and treatment for cancer-related fatigue, the only intervention that is consistently supported as effective is exercise.
- Other interventions for management of cancer-related fatigue that may be effective include: balancing rest and activity periods, prioritizing activities, delegating, optimizing sleep, relaxation techniques and massage, education about fatigue, and emotional support to deal with the experience.

MY ACTION PLAN

- Keep a fatigue journal for a few weeks to get a better idea of when and what makes me feel fatigued or tired

EXERCISE

- Make exercise a normal part of my daily routine
A minimum of 30 minutes three times per week is recommended.
- Check with my physician before I start my exercise program.
- Personal goal: _____

NUTRITION

- Eat a balanced diet with adequate intake of fluids, calories, protein, carbohydrates, fat, vitamins and minerals.

MANAGING MY ENERGY

- Make a list of essential activities and responsibilities that could be omitted from my life, and activities and responsibilities that could be delegated to someone else.
- At the beginning of each day, I will prioritize what I hope to accomplish and maintain the option to postpone some activities.
- Practice saying, "No," when offered activities or responsibilities that are not essential.
- Practice asking for assistance and delegating activities and responsibilities
- Schedule rest periods into my daily schedule.
- Maintain good sleep habits: establish a set sleep preparation routine and sleep time, limit time in bed to real sleep time, avoid caffeine in the evening

- Have a discussion with my loved ones about the fatigue I am experiencing and how they can be of assistance
- Set aside some time each day for an activity that promotes emotional well-being like massage, listening to music, walking on the beach, yoga, etc. (Torrance Memorial Health Education Department (310) 517-4660, The Wellness Community South Bay Cities, as well as other community organizations and schools offer these types of activities.)
- Talk with my doctor or nurse about my fatigue and discuss any medical conditions that may be contributing to the problem

OTHER:

TO LEARN MORE:

Fatigue

American Cancer Society: fatigue

<http://www.cancer.org/Treatment/TreatmentsandSideEffects/PhysicalSideEffects/Fatigue/index>

Breastcancer.org: Managing Fatigue

<http://www.breastcancer.org/tips/fatigue/>

Cancer.net: Coping with Cancer-Related Fatigue

<http://www.cancer.net/patient/All+About+Cancer/Cancer.Net+Feature+Articles/Side+Effects/Coping+With+Cancer-Related+Fatigue>

National Cancer Institute: Fatigue

<http://www.cancer.gov/cancertopics/pdq/supportivecare/fatigue/Patient>

Fitness and Exercise

Torrance Memorial

http://torrancememorial.org/Health_Education/Fitness_Exercise.aspx

Cancer Support Community, South Bay Cities

(formerly The Wellness Community)

<http://cancersupportredondobeach.org>