

Cancer Related Fatigue

Many people feel tired with cancer treatment. You may notice that you cannot think clearly or concentrate well. You may not want to do activities that you often enjoy.

Feeling tired may be caused by:

- Cancer treatments such as surgery, chemotherapy, or radiation therapy
- A low blood cell count called anemia
- Problems with eating
- Nausea and vomiting
- Trouble sleeping
- Stress or worry
- Tumors

Talk to your doctor or nurse about how to manage your tiredness.

Here are some things that you can do:

- Rest often. Take naps when you feel tired. If you are having trouble sleeping at night, talk to your doctor or nurse.
- Stay active. Exercise such as walking can help your energy level. Do some form of light exercise each day.
- Eat healthy. Eat a variety of food. Drink plenty of liquids each day unless you have been told by your doctor to limit liquids. Avoid caffeine.
- Eat smaller meals throughout the day to give you more energy. The body uses less energy to digest small meals. Eating one or two large meals a day can drain your energy.
- Conserve your energy to do the activities that are most important to you. Set priorities to do some activities today and have others that can wait until tomorrow.
- If stress is keeping you from getting enough rest, talk about your feelings with friends, family members, clergy or a counselor.

Talk to your doctor or nurse if you have any questions or concerns, feel that your fatigue is getting worse, or are too tired to get out of bed each day.

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与癌症有关的疲累

癌症治疗使许多人感到疲累。你可能会注意到你不能清楚地思考或集中注意力。你可能不想做你平常喜爱的活动。

感觉疲累可能由以下情形引起：

- 癌症治疗，如手术、化疗或放疗
- 称为贫血的血球过低
- 进食有问题
- 恶心和呕吐
- 睡不好觉
- 压力或烦恼
- 肿瘤

请和你的医生或护士谈一谈如何控制疲劳。

这里有一些你可做的事：

- 多休息。觉得疲累时，就小睡一会儿。如果晚上睡不着觉，请告知你的医生或护士。
- 保持活跃。散步等锻炼有助于你保持良好精力。每天做一些轻微的锻炼。
- 健康进食。吃多种食物。每天喝大量液体，除非你的医生告知你限制喝液体。避免咖啡因。
- 一整天少量多餐以给自己补充更多能量。人体在消化少量餐饮时使用的能量较少。一天一或两次大量进餐会消耗你的能量。
- 保存能量，做对你是最重要的活动。确定今天要做的一些优先活动，其他活动等到明天再做。
- 如压力太大，妨碍你充分休息，请和朋友、家人、牧师或咨询人员谈谈你的感受。

若有任何问题或关注事宜，感觉你的疲累在恶化，或是每天太疲累而不能起床，请告知你的医生或护士。

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Feeling Tired with Cancer Treatment. Chinese