

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.

与癌症有关的疲累

癌症治疗使许多人感到疲累。您可能会注意到您不能清楚地思考或集中注意力。您可能不想进行您平常喜爱的活动。

感觉疲累可能由以下情况引起：

- 癌症治疗，如手术、化疗或放疗
- 血球数过低，被称为贫血
- 进食问题
- 恶心和呕吐
- 睡觉问题
- 压力或担忧
- 肿瘤

请和您的医生或护士讨论如何控制疲劳。

您可做一些事：

- 多休息。觉得疲累时，就小睡一会儿。如果晚上睡不着觉，请告知您的医生或护士。
- 保持活动。散步等锻炼有助于您保持良好精力。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，除非您的医生告知您限制进液体。避免咖啡因。

- 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.

- 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。每日一次或两次大量进餐会消耗您的能量。
- 保存能量去做对您最重要的活动。确定今天的优先活动，其他活动等到明天再做。
- 如压力太大，妨碍您充分休息，请和朋友、家人、牧师或咨询人员谈您的感受。

若有任何问题或担心、您的疲累感加重，或是每天太疲累而不能起床，请告知您的医生或护士。

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Cancer Related Fatigue. Simplified Chinese.