

Cancer-related Fatigue

Fatigue is one of the most common symptoms felt by cancer patients. But many of them do not know how to deal with it. The fatigue experienced by cancer sufferers is different from that felt by healthy people. Cancer-related fatigue is more pronounced, distressing and less likely to be relieved by rest or sleep.

Cancer-related fatigue usually keeps reoccurring and does not diminish. Compared with healthy people, cancer patients suffer from more intense tiredness after physical exercise, and sometimes the tiredness is not due to activity. People experiencing cancer-related fatigue are often unable to concentrate on what they are doing, or have little interest in doing anything at all, or have little inclination to get out of bed even after being there for more than 24 hours.

It's not known what exactly causes cancer-related fatigue. It may be due to the treatment the patient is receiving, or anemia, pain, stress, lack of physical activities, or insufficient nutrition.

When abnormal fatigue occurs, one should consult a medical expert. Ordinary fatigue can be relieved by better organizing works to preserve energy, by striking a balance between rest and physical activity, or doing things to reduce stress. Observing a balanced diet, consuming more protein and liquids can help a person regain physical strength.