CancerCare Manitoba
ActionCancerManitoba

Inuktitut

Fatigue (feeling weak and tired)

ᑕᖃᔪᖅ (ᑕᖃᓴᕋᐃᓗᓂ ᓴᒋᓕᓯᒪᔪᖅ)

Fatigue is always feeling tired or exhausted and is not related to exercise or activity. Fatigue during cancer treatment is common. It does not mean that the cancer is getting worse or that the treatment is not working.

Fatigue may be present before cancer is diagnosed or it may be related to cancer treatment. Causes of fatigue can include:

- anemia (low red blood cell count)
- feeling depressed
- having pain
- taking certain medications
- having trouble sleeping
- not eating or drinking well
- losing weight

ᑕᒪᓇ ᑕᖃᓴᕋᐃᓕᓯᒪᓂᖅ ᓴᒋᓕᓯᒪᓂᖅ ᐱᖃᐃᓕᓴᖅᓂᖅᒧᑦ ᐱᒋᑐᖅ ᑕᖃᓴᕋᐃᓕᓯᒪᓂᖕᒐ ᑕᒪᓇ ᑲᓐᓱᖃᑐᓄᑦ ᐅᑕᖅᑕᐅᑕᖅᓂᒋᓂᑦ ᐱᔪᑎᖃᓗᐊᖅᑐᖅ ᑕᒪᑐᒧᖕᒐ ᑲᓐᓱᖃᓂᐅᔪᒧᑦ ᐊᒋᓕᐸᓕᐊᓂᒐᓂᒃ ᑐᑭᑲᖅᒋᑐᒐᓗᐊᖅ ᐅᓗᓂᑦ ᐅᑕᖅᑕᐅᑕᓂᒐ ᐊᑐᑎᖃᒋᓂᒐᓂ ᐱᒋᑐᖅ

ᑕᒪᓇᓗ ᑕᖃᓴᕋᐃᓂᖅ ᐱᖕᒋᐊᑐᐃᓇᓇᐊᖃᑐᖅ ᐃᓄᒃ ᑲᓐᓱᖃᓂᒐ ᖃᐅᔨᔭ ᐅᓚᐅᖃᑎᓇᖕᒍ ᑕᒪᑐᒧᖕᒐᓗ ᐃᓗᐊᖅᓴᐅᑎᓄᑦ ᐱᔪᓇᖅᑐᖅ ᒪᑯᓂᒐ ᐱᑕᖃᕈᓇᖅᓗᓂ:

- ᐊᐅᒐ (ᐊᐅᒐ ᓴᒋᓕᕈᓇᖅᑐᖅ)
- ᖁᕕᐊᓱᒍᓂᖅᑎᑦᓯᔪᓇᖅᑐᖅ ᓂᑲᓗᒐᑎᑦᓯᔪᓇᖅᑐᖅ
- ᐊᓐᓂᐊᖅᓂᖃᕈᓇᖅᑐᖅ ᑎᒥᒐᒍᑦ
- ᐃᓪᓗᐊᖅᓴᐅᑎᓂᒃ ᐊᑐᖅᓂᒐᓂᑦᓗᓂᑦ ᐱᔪᑕᐅᔪᓇᖅᑐᖅ
- ᓯᓂᒃᓂᖅ ᐊᔪᓕᖅᓯᒪᑕᕈᓇᖅᑐᖅ ᓯᓂᒃᓯᓇᓴᖅᓗᓂ
- ᓂᓇᑕᕈᓂᖅᓗᓂ ᐃᒥᑦᓯᐊᑕᕈᓂᖅᓗᓂᓗᓂᑦ
- ᓴᓗᒍᐸᓕᐊᔪᓇᖅᑐᖅ ᐅᑭᖅᓕᓕᐊᓗᓂ

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Tips to reduce fatigue

Move your body

- Be physically active if you can. Ten minutes two or more times a day will increase your energy.
- Choose activities you enjoy such as walking, swimming or cycling.
- Be active when you feel you have the most energy.
- Learn your limits. Do not get overtired.

Sleep and rest

- Rest when you feel tired.
- Nap during the day if you need to. Limit nap time to one hour.
- Try to relax before bedtime. Have a warm bath or sit quietly and listen to music.
- Try to go to bed at the same time.

ᐃᑲᔪᕈᓇᖅᑐᑦ ᑕᒪᑐᒧᖓ ᖃᓄᐃᓕᐅᖃᓂᓂᖅᒥᒃ

ᐊᐅᓚᑎᖃᑕᖅᓗᖑ ᑎᒥᑦ

- ᐊᔪᒋᑕᖅᓂᖅ ᐱᓇᓱᐊᒋᓇᖅᓗᑎᑦ ᓄᖃᒐᓗᐊᖅᑕᒋᓗᑎᑦ ᐅᑉᓗᑕᒪᑦ ᐱᖃᐃᓕᓴᖅᐸᒃᓗᑎᑦ ᑕᖃᓗᐊᑕᕈᓂᖅᕋᖅᐳᑎᑦ ᐱᖃᐃᓕᓴᑕᖅᕈᕕᑦ
- ᐊᔪᒋᑕᖅᓂᒃ ᖁᕕᐊᒋᔭᖅᓂᒃᓗᓂᑦ ᐱᑕᖅᓗᑎᑦ ᓱᖅᓗ ᐱᓱᓗᒃᑕᖅᓗᑎᑦ ᐃᐱᕋᖅᑐᐊᖅᐸᒃᓗᑎᑦ
- ᐱᖃᐃᓕᓴᕋᓱᐊᖅᑕᖅᓗᑎᑦ ᐱᔪᓇᕋᓱᒋᓕᕋᒐᕕᑦ ᐊᔪᒋᓕᕋᒐᕕᑦ
- ᕋᐅᔾᓴᑦᑎᐊᖅᓗᑎᑦ ᐱᔪᓇᖅᑕᖅᓂᒃ ᑕᖃᓕᖅᑎᓗᐊᖅᑕᒋᓗᑎᑦ

ᓯᓂᒃᓂᖅ ᒥᒍᐃᖅᓯᖅᓂᖅ

- ᒥᒍᐃᖅᓯᑦᓯᐊᖅᑕᖅᓗᑎᑦ ᑕᖃᓕᕋᒐᕕᑦ
- ᓯᓂᒍᓇᖅᑐᑎᑦ ᐅᑉᓗᑯᑦ ᐱᒧᒪᒍᕕᑦ ᐃᑲᕋᓗᐊᒥᒃᓗᓂᑦ ᓯᓂᐸᓗᑎᑦ ᖃᐅᑕᒪᑦ
- ᖃᓱᒐᐃᓇᕋᓱᐊᖅᐸᒃᓗᑎᑦ ᐃᓇᓚᐅᖃᓇᒃ ᐅᓇᖅᑐᒧᑦ ᐅᕕᓂᒃᓂᐊᖅᓗᑎᑦ ᑕᖃᐃᖅᓯᑎᐊᖅᓗᑎᑦ ᖃᓱᒐᓗᑎᑦ
- ᐃᓂᓚᒐᓱᖃᑕᖅᓗᑎᑦ ᖃᐅᔾᓴᐅᑦ ᒪᓕᒃᓗᒍ

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Nutrition

- Try eating five to six small meals a day instead of three large ones. This provides your body with more energy throughout the day.
- Have foods available that require little preparation such as: frozen meals, canned soup and fish, eggs, cereal bars, crackers, yogurt and pudding cups.
- Drink plenty of fluids such as juice, milk and water.
- Try ready to drink liquid nutritional supplements (e.g. Boost, Ensure).

Seek support

- Share your feelings with family, friends or counselors. Ask about a support group.
- Accept offers of help.
- Asking for help is okay too.
- Talk to your employer. Ask if you can work from home, work fewer hours or take time off from your job.

Tell your nurse or doctor how you feel. Ask if there are ways to treat your fatigue.

ᓂᕿᓯᐊᓂᒃ ᓂᕆᑕᖅᓂᖅ

- ᓂᕆᓇᓱᐸᒃᓗᑎᑦ ᑕᓕᒪᐃᕐᓗᑎᑦ ᐊᖅᕕᓂᓕᕐᓗᑎᑦᓗᓂᑦ ᐅᐸᓗᑕᒪᑦ ᒥᑭᔪᒐᓗᐊᓂᒃ ᐊᒋᔪᒋᑐᓂᒃ ᑕᐃᒪᓇ ᑎᒥᒃᓄᑦ ᐃᓴᓗᐊᖅᓯᓂᖃᐸᓕᖅᓂᐊᖅᑐᖅ ᐅᐸᓗᑯᑦ ᖃᐅᑕᒪᑦ
- ᓂᕿᑕᖃᓗᒍ ᐊᕿᓱᕆᐊᕐᑯᑐᒋᑐᓂᒃ ᐱᔭᕆᐊᕐᑯᑐᒋᑐᓂᒃ ᕿᕿᔪᓂᒃ ᐃᐳᐃᑐᓂᒃ ᐃᒥᕋᓕᐅᒐᓴᓂᒃ ᐃᖃᓗᒃᓂᒃ ᒪᓂᒃᓂᒃ ᐊᓗᒐᖅᓂᒃ ᐊᕿᑐᓂᒃ ᐳᑎᒃᓂᒃ ᓯᒐᓚᕋᓚᓂᒃ
- ᐱᒥᑦᓯᐊᖅᑕᖅᓗᑎᑦ ᐃᒪᖅᒥᒃ ᐃᒧᒃᒥᒃ ᐃᒥᒐᓕᐅᖅᓯᒪᔪᓂᒃ
- ᐃᒥᒐᓕᐅᖅᓯᒪᔪᓂᒃ ᐅᒃᑐᕋᑕᖅᓗᑎᑦ (Boost, Ensure)

ᐃᑲᔪᖅᑎᒃᓴᓯᐅᖅᓂᖅ

- ᐱᒃᐱᖕᒋᓂᓇᔭᑎᑦ ᐃᒡᓗᒥᐅᖃᑎᒃᓄᑦ ᐅᖃᐅᓯᓇᕝᒃᓗᒋᑦ ᐃᒪᓴᕿᔭᖅᕐᑦᓗᓚᑦᐳᕝᓗᓂᑦ ᐃᑲᔪᖅᑎᓄᑦ ᐃᑲᒧᕈᓇᖅᑐᓄᑦᓗ
- ᐊᒋᐸᓗᑎᑦ ᐃᑲᔪᖅᑕᐅᓯᐊᕋᒐᕕᑦ
- ᐊᐱᓇᕝᒃᓗᑎᑦ ᐃᑲᔪᖅᑕᐅᔪᒪᓗᑎᑦ ᖃᓄᐃᒋᑐᖅ ᑕᒪᓇ
- ᐅᖃᓚᖃᑕᖅᓗᑎᑦ ᐱᓕᓇᕕᒋᔭᖅᓄᑦ ᐊᐱᓇᔪᓇᖅᑐᑎᑦ ᓴᓇᔪᓇᖅᒪᒐᖅᐱᑦ ᐊᒋᕋᓯᒪᓗᑎᑦ ᐃᑲᕋᓂᒃ ᐊᒥᓱᒋᑐᓂᒃ ᓴᓇᖃᑕᕐᓗᑎᑦ ᒥᒍᐃᖅᓯᐸᒃᓗᑎᑦᓗ

ᐅᖃᐅᑎᕝᓗᒍ ᓇᔭᒍᐊᓇᔭᑦ ᐃᓴᓗᐊᖅᓴᐃᕆᒋᔭᐃᑦᓗ ᖃᓄᐃᓂᓇᔭᖅᓂᒃ. ᐊᐱᓇᑕᖅᓗᑎᑦ ᖃᓄᐃᓕᐅᑲᓂᓇᐊᖅᓂᖅᒥᒃ.

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