

## Fatigue (feeling weak and tired)

## 疲勞/疲累 (感到衰弱及疲倦)

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

疲勞/疲累是經常感覺到疲倦或有氣無力，這與運動或活動無關。疲勞是在進行癌症治療期間很常見的現象。這並不表示癌病情況轉差或治療無效。

在未被診斷為癌症前，你可能已有疲勞的感覺或疲勞是與癌症治療有相關。引致疲勞的原因包括：

- 貧血症(紅血球細胞指數低)
- 感覺抑鬱
- 疼痛
- 服用某些藥物
- 睡眠困難
- 食慾不振
- 體重下降

### 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.

### 減低疲勞提示：

#### 做運動

- 盡量活躍。每天做兩次或多次十分鐘的運動可增加你的活力。
- 選擇你喜歡做的活動，例如：步行，游泳或踏單車。
- 當你感覺最有活力時多做一些活動。
- 適可而止，不要過勞。

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### 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.

### 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.**

### 睡眠及休息

- 感到疲倦時便去休息。
- 如有需要可在日間小睡。小睡以一個小時為限度。
- 睡眠前盡量放鬆自己。暖水浴或安靜坐下來聆聽音樂可幫助鬆馳神經。
- 每天在同一時間睡眠。

### 營養

- 每天進食五至六小餐以代替一天食三大餐。這樣，在整天中可供應更多能量給你的身體。
- 貯備一些簡便的食物，例如：急凍熟食，罐頭湯及罐頭魚，雞蛋，穀麥餅條，疏打餅乾，乳酪及布丁。
- 飲大量流質，例如：菓汁，牛奶和水。
- 嘗試飲補充營養流質飲品 (例如： Boost, Ensure).

### 尋求支持援助

- 將你的感受告訴給家人，朋友或輔導員。查詢有關支援小組的資料。
  - 接受別人的援助。
  - 你亦可請求別人的援助。
  - 與雇主相量可否安排在家中工作，減少工作時間或休假。
- 將你的感覺告知給你的護士或醫生。詢問有關治療疲勞的方法。