

Fatigue (feeling weak and tired)

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

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.

Ayéskosiwin (é ninamisiyan éko tápitaw é ayéskosiyan)

Ayéskosiwin anima tápitaw awiyak káwí nótésik éko móna wina é osámi nóciikét oci. Ócitaw ékosi itamaciyo óma ispík ká natawiyít anima ká mancosiwáspinét. Móna wina anima éká é atosképaniki ká mínikwéyan maskikíya.

Apok étoké asáy kikí máci ayéskosin ispík ká maci mancosiwáspinéyan wéká anihi ki maskikíma ká itiskákoyan. Ékwani óki kékí ayéskosiskákoyan:

- éká ká minwásik ki miko
- kapáténimowin
- nántaw ká wísakénitaman
- átit anihi maskikíya ká otinaman
- éká ká kaskitáyan ta nipáyan
- éka ka kaskitáyan kwayask kékwán ta minikwéyan éko ta míciyan
- ká ati nícipaniyan anima ká ispítinikwatiyan

Tánisi kékí isi wicitáyan éká wésá ta ayéskosiyan tápitaw

Wa waskawi tápitaw

- Tápitaw nántaw isi na nóciikési. Acinaw ká nóciikéyan nísáwá péyak kísikáw kika wícihikon ta maskawámachoyan.
- Anihi ká minénitaman itóta tápiskóc papámotéwin, kapásimowin wéká papamiskáwin.
- Ispík ká maskawámachoyan ékota kikakí na nóciikán.
- Ésko kaskitáyan piko itota. Mána osámi cákihiso.

Fatigue (feeling weak and tired)

Ayéskosiwin (é ninamisiyan éko tápitaw é ayéskosiyan)

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.

Nanípási éko anwépi

- Anwépi ispík ká cákiyan.
- Acinaw ká kísikáwikwámisi ispík itamacihoyani. Péyakwá ká ispanit písimokán kikakí na nipásin.
- Ayanwépi mwés kawisimoyan étipiskák. Ékisowákamik akocini nipík wéká papéyatak api ta nanatotaman kékwána é minotaman.
- Pápéyakwanok tahto tipiskáw kawisimo.

Ká minoskákoyan mícim

- Nántaw niyánanwá ayápisís míciso é kísikák ispíc wina níswá ta kici mícisoyan táhto kísikáw. Ékosi nawac kika isi maskawa maciyon kapékísik.
- Ayawa itowa kika micin kaki kawatikateki anihi eko kati akwacikateki wiyasa, kinosew, pakwesikanisak wéka káskamotaciwasikana.
- Mistahi kékwána minikwé, nipiy éko tótósápooy.
- Ká kawatakaminikátéki anihi ká síwákamiki minikéwina kikakí ápacitán (tápisikóc: Boost, Ensure).

Natonaw awiyak ta wá wícihis nántaw isi

- Wítamaw awiyak étamacihoyan. Kakwécikémo máti ké takocik ókik ká mámawícik óma ká itamacihocik wístawáw.
- Kiyám pakitinik ta wícihiskik awiniwak wí nóté wícihiskwáki.
- Kikakí kakwécikémon anís mína ta wícihihawiyani isi minwásin.
- Kakwécim ana ká atoskawat. Mati kikik kékí oci atoskéyan wéká yá acinaw piko ta atoskéyan tahto kísikáw wéká mati pitamá acinaw kékí nakataman ki tatoskéwin inikok óma kisipaniki isko.

Wítamaw ana maskikí iskwéw wéká ininiw tánisi étamacihoyan. Kakwécikémo óma tánisi kékí isi natawitáyan anima ayéskosiwin.