

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

Ayehkosiwin/Caakiiwin

Ayehkosiwin kaa-ishinihkaatek mooshak ayehkosiiwamacihonaaniwak ekaa kihci-anohkiiwinik kaa-onciimakak. Amii piko eshi-ayaaniwak e-ayehkosiiwamacihonaaniwak mekwaac kihci-aahkosiwinik kaa-natawihwenaaniwak. Kaawin wiin ihiwe ci-inendaman awashime nitani-ishi-ayaa naanta kaye kaawin anohkiimakasinoon ninatawihikoowin ci-inendaman.

Eshkam ayehkosiiwamacohowin takwan kaa-mwaye-kihci-aahkosinaaniwak naanta kaye amihimaa weci-ayehkosiiwamacihonaaniwak kihci-aahkosiwin kaa-natawicikaatek. Oneniwan kaa-masinahikaatekin kaa-onci-ayehkosiiwamacihonaaniwak:

- kaa-nashishkaamakak misko
- kaa-nihsenimonaaniwak
- kaa-wihsakencikaatek
- kaa-mashkihkiikaaniwak
- ekaa kwayahk kaa-nipaaniwak
- ekaa kwayahk kaa-wihsininaaniwak kaye ekaa kwayahk kaa-kii-minihkwaaniwak
- kaa-baawanihsenaaniwak

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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.

Kaa-ishi-pamicikaatek ayehkosiwin

Wawaahkawinan kiyaw

- Kakwe-kano-wawaakawiin kiishpin kashkitooyan. Naanta niishwaa mitaashwaa aacihsek kakweciin beshiko-kiishikaa ihimaa ci-onci-mashkawaatisiyan.
- Kwayaatinan kaa-minwendamanin edoodaman kakweciian naanta ci-papaamohseyan, ci-kabaashimoyan naanta ci-papaamaahkwepahotisoyan.
- Kakwe-kano-wawaakawiin ahpii mekwaac maawac cihkamacihoyan.
- Naanaakatawendan kaa-ishi-kashkicikayan. Ekaa osaam ci-ayehkohitisoyan.

Kaa-nibaayan ekwa kaa-anwesiyan

- Anwesiin mekwaac kaa-ayehkosiiwamacihoyan.
- Shiibaakwashin mekwaa-kiishik kiishpin nandawendaman. Ishi-onahdoon beshikwaa waahkaasek ehta.
- Kakwe-sakamaatisin mwaye-nibaayan. Kisiibiikin naanta natohtan kitocikewin.
- Kocihdoon beshikwan ci-ishi-kawishimoyan tahso-tipihkaa.

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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.

Inacikewin

- Niyaananwaa naanta ninkotwaahswaa baahpankii wihsinin beshiko-kiishikaa miishkoc ekaa nihswaa ci-kihci-wihsiniyan. Ami ohomaa ke-oci-mashkawi-ayaayan kabe-kiishik.
- Kwayaatinanin miiciman kaa-wetakin ci-kiisihikaadekin; kaa-aahkwatikin miiciman, biiwapihkok kaa-asiwadekin miiciman; soop kaye kinooshe, waawan, jwaakanatan, piskidesac, kaa-shiiwaakin nawaciiwinesan minihkwaakanesik kaa-asiwadekin.
- Mishtahi minihkwaatanin siiwaaboon, coohcooshaaboon kaye nibi.
- Kakwe-minihkwaatanin miicimaabookaanan (Boost, Ensure) kaa-ishinihkaatekin.

Nanaantawendan ke-kii-oci-wiichikooyan

- Wiintamawik kaa-inamacihoyan kici-nihtaawikiimakanak, kidoodemak naanta kaye omiimiinwatamaakek. Kakwedwen e-yaawaakwen kaa-aaswabiitamaakewaac.
- Odaabinan kaa-ashotamaakooyan wiichiwewin.
- Minwaashin kaa-natotamaaniwak wiichiwewin.
- Kakwecim kidookiman ci-kii-anohkaataman kitanohkiiwin kaa-ishi-daayan, pankii ci-onci-anohkiiyan naanta kaye ci-natotamaayan pinamaa acina ci-kipiciiyan kitanohkiiwinik.

Wiintamaw mashkihkiwihkwe naanta mashkihkiwinini kaa-inamacihoyan. Kakwecim aaniin ke-kii-ishi-wiichikooyan kaa-ishi-ayehkosiiwamacihoyan.