

Pathfinder Series: Cancer Related Fatigue

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books and Audiovisual

A Meditation to help you with fatigue: Guided imagery to help relieve tiredness from chemotherapy and radiation therapy Call number: 5.7.4 1998 CD

Guided imagery to help combat side effects from cancer treatments, followed by continuous music for relaxation.

A Patient's guide to cancer symptom management Call number: 1.1.27 2011

A small yet detailed overview of a lot of symptoms cancer patients often have to deal with, including fatigue.

The Cancer survivor's companion: Practical ways to cope with your feelings after cancer

Call number: 5.6.16 2011

This book covers a lot of the issues patients face after a cancer diagnosis, and the chapter on fatigue is particularly comprehensive and detailed.

Everyone's guide to cancer supportive care: A comprehensive handbook for patients and their families

Call number: 1.1.6 2005

Providing you with everything you ever wanted to know about cancer, how it's treated, and how to cope with a diagnosis, *Everyone's guide* also has a good, detailed section on how to personally manage your own fatigue.

Live longer, live larger: A holistic approach for cancer patients and their families

Call number: 1.1.15 2001

A classic book for cancer patients, with a chapter dedicated to coping with fatigue, this book offers tips, advice and strategies for a wide variety of issues related to a cancer diagnosis.

You can manage radiation therapy side effects Call number: 3.3.1 2007 CD

Listen to doctors and patients discuss radiation therapy, and how to deal successfully with side effects of treatment, including fatigue.

Websites

Cancer Research UK – What is Cancer Fatigue? <http://www.cancerresearchuk.org/about-cancer/coping-with-cancer/coping-physically/fatigue/what-is-cancer-fatigue>

This is a good starting point for looking into cancer related fatigue, how to cope, what can be done to reduce your level of fatigue, and more. Includes a resource list and links for more information.

Evans Health Lab – Cancer Related Fatigue <http://www.evanshealthlab.com/cancer-fatigue/>

Dr. Mike Evans is a physician who has become extremely well known for his fun, informative, and innovative whiteboard health message YouTube videos. This one is on cancer related fatigue, and in it he talks about how cancer related fatigue is different than general everyday fatigue and offers strategies on how to ensure fatigue doesn't take over your life during cancer treatment.

American Cancer Society – Fatigue in People With Cancer

<http://www.cancer.org/acs/groups/cid/documents/webcontent/002842-pdf.pdf>

The ACS has published this great guide to fatigue during cancer treatment, with checklists and questions to ask in order to gauge your level of fatigue, how to talk to your healthcare team about it, and what strategies you can put in place to help reduce fatigue.

National Cancer Institute – Fatigue

<http://www.cancer.gov/cancertopics/pdq/supportivecare/fatigue/Patient>

This page from the NCI's website looks at what can cause fatigue in cancer patients, how fatigue is assessed and how it can be treated. Read the whole publication online, or download and print it.

Cancer.Net – Fatigue <http://www.cancer.net/navigating-cancer-care/side-effects/fatigue>

Cancer.Net offers some great resources on the side effects that cancer patients often experience, including a nice section on fatigue, what can cause it, how it can be treated, what other underlying issues can contribute to it, and more.

Macmillan Cancer Support – Side Effects and Symptoms – Tiredness (Fatigue)

<http://www.macmillan.org.uk/information-and-support/coping/side-effects-and-symptoms/tiredness/index.html>

Good resources on managing your fatigue at home and at work, getting support, talking to your doctor about your fatigue, and information on caring for someone who is experiencing cancer related fatigue.

Oncolink – Fatigue Tip Sheet <http://www.oncolink.org/coping/article.cfm?c=5&s=21&ss=94&id=967>

The fatigue tip sheet is one in a series of cancer fact sheets from Oncolink on side effects and related symptoms, and offers a nice checklist of ways you can manage the fatigue you may experience during treatment.

