

# Oncology Symptom: Feeling Tired/Anemia

## What makes me feel so tired?

- There may be times during or after your treatments when you feel tired, weary or weak.
- Feeling tired is often a side effect of **anemia**, which is caused by your treatments or disease.
- Feeling tired is completely normal.
- Feelings of being tired usually decrease as the effects from your treatments fade.

## What should I do if I notice I am becoming more tired than usual?

- You should **tell your doctor or nurse** if your feelings of being tired suddenly get worse or do not improve over time.

## What can I do to help increase my energy?

- Be sure to get enough sleep. You could try sleeping in later in the mornings, taking a nap during the day, or going to bed earlier each night.
- Pace your activities to match your energy level, but try to do as many of your normal activities as you can. Be sure to make time for your favorite activities.
- Plan a routine that allows you to save as much of your energy as possible.
- Keep all your important items within easy reach.
- Ask for help from other people with those things that you can't do when you are most tired.
- Get some exercise every day to strengthen your muscles, even if it is a just short walk in your home or outdoors. Exercise has been proven to decrease tiredness.
- Do things to help you relax like reading, talking with a friend or family member, or taking a warm bath or shower.
- Ask your nurse to show you how to use deep breathing and relaxation exercises to decrease tension and tiredness.
- Drink at least 6, 8-ounce glasses of fluid every day.
- Try eating 6 small meals a day instead of 3 large meals.
- Stay away from things that can make you feel more tired like narcotics, some types of sleeping pills, alcohol and caffeine.