A cancer survivor is a person who has been diagnosed with cancer. They are considered a survivor for the rest of their life.

- There are both physical and emotional side effects of cancer and its treatment. These side effects will impact survivors in different ways.
- Choosing healthy behaviors is important. You can lower your risk of getting cancer again through exercise, eating healthy foods and not being overweight.
- This document provides survivors with information on ways to live healthy after treatment ends. The document should not replace consultation with a health care provider. It is important that all survivors see their health care provider for regular medical care.

**Handling Fatigue as a Cancer Survivor**

Fatigue is a common side effect of cancer treatment. Cancer related fatigue is not linked to recent activity. It does not always get better if you rest.

**Physical fatigue** - The body feels tired and a person may not feel they have energy to do activities.

**Mental fatigue** - A person has difficulty concentrating, solving problems, reading, and holding conversations. They may also experience anxiety and irritability.

Cancer treatment, pain, and other factors can cause fatigue. Talk to your health care provider about different ways to treat it.

**Managing Your Fatigue**

1. **Be active.** Being physically active can help you gain energy and lower stress.
   - American Cancer Society guidelines for physical activity include 150 minutes of moderate-intensity exercise per week, like fast walking.
   - Exercise using a DVD or YouTube video if it is hard to leave the house.
   - Consider yoga, biking, or other types of exercises.
   - Ask your health care provider and physical therapist about activities that are best for you.
   - Physical activity is the **BEST** way to decrease fatigue and increase energy.
   - For some individuals, it may take time to overcome fatigue.
2. **Eat healthy. Drink Lots of water.**
   - Eat 2 cups of vegetables and 1 ½ cups of fruit every day.
   - Try eating 5 or 6 small meals spaced out over the day, instead of 3 large meals.
   - If you drink coffee or tea with caffeine, only drink them in the morning.
   - Drink at least 8 to 10 glasses (8 ounce) of water each day. Check with your health care provider if you have heart or kidney problems.

3. **Create time during your day to rest.**
   - Go to bed at the same time every night, even on the weekends.
   - Relax before going to bed by reading or listening to quiet music.
   - Get up at about the same time every morning.
   - It is ok to take 1 or 2 short, 30-minute naps during the day. Try to be active after.

4. **Distract yourself with fun activities.**
   - Volunteer in your community.
   - Take time to visit with family and friends.
   - Read a book, meditate, listen to music or enjoy a hobby.

### Helpful Resources for Survivors

- Call The American Cancer Society’s National Cancer Information Center at 1-800-227-2345 for more information and resources.


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### References
