

Cancer-Related Fatigue

David Zucker, M.D., Ph.D.

Definition

Cancer-related fatigue is a persistent, subjective sense of tiredness related to cancer or cancer treatment that interferes with usual functioning.

Associated Medical Conditions

- Anemia
- Nutritional deficiencies
- Pain
- Infection
- Thyroid disorders

Symptoms

- Anxiety
- Depression
- Sleep deprivation
- Lack of social support
- “Overdoing it”

Prevention

- Talk to your doctor
- Seek support
- Prioritize your activities
- Maintain physical activity