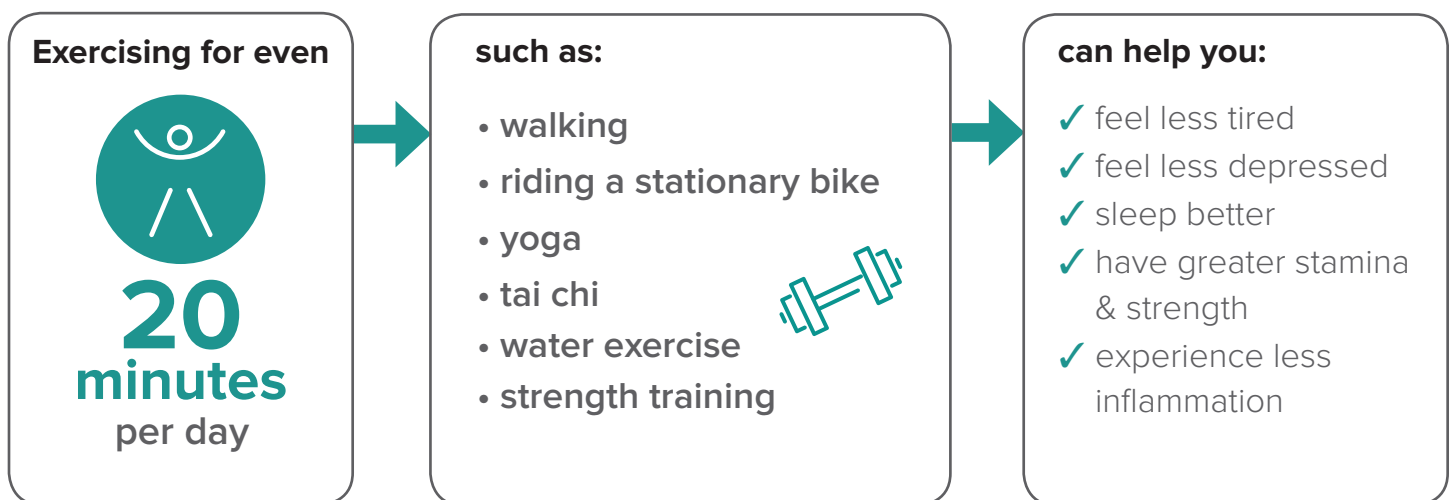




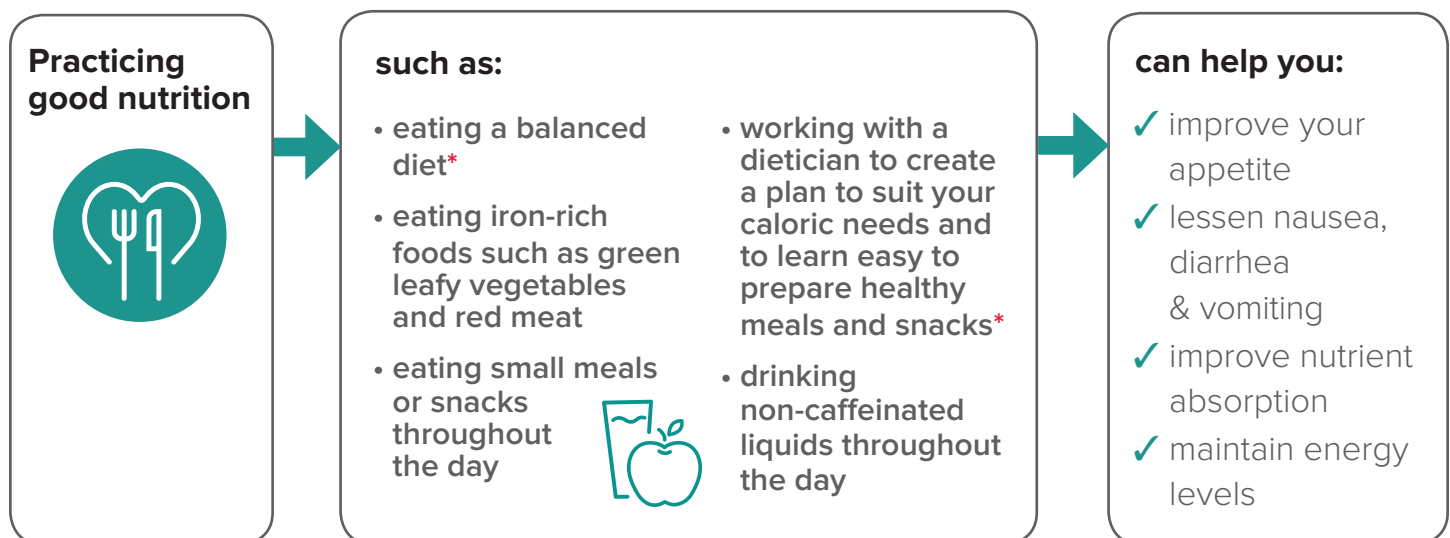
MANAGING Cancer-Related Fatigue

Cancer-related fatigue (CRF) is a persistent feeling of physical or emotional exhaustion related to cancer or cancer treatment.

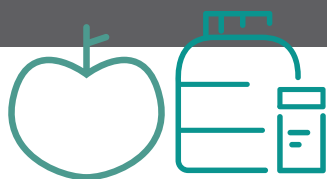
EXERCISE & NUTRITION may help alleviate general cancer-related fatigue



Note: Before starting an exercise program, always consult with your doctor or nurse practitioner.



*Get a **FREE One-On-One Nutrition Consultation** by visiting www.LLS.org/nutrition.



TREATMENTS for cancer-related fatigue

Discuss the following treatment options with your doctor.

Condition:	Treatment:
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ANEMIA
(low red blood cells)



- Add iron-rich foods and vitamins to your diet
- Use blood transfusions to alleviate symptoms and make sure you have enough oxygen in your system
- Try erythropoiesis stimulating agents (ESAs)- drugs to treat chemo-related anemia

PAIN



- Cancer medication may be changed or the dosage increased
- Cancer medication dosage may be adjusted

DEPRESSION



- Medication
- Counseling – support groups, stress management training
- Both medication and counseling

PSYCHOSOCIAL PROBLEMS



- Reduce stress
- Increase psychosocial support (counseling, stress management, coping strategies)
- Cognitive behavioral strategies (progressive muscle relaxation or relaxation breathing)



GET SUPPORT. REACH OUT TO OUR INFORMATION SPECIALISTS

The Leukemia & Lymphoma Society team consists of master's level oncology social workers, nurses and health educators who are available by phone Mon.–Fri., 9 a.m. to 9 p.m. (ET).

Contact us at **800.955.4572** or
www.LLS.org/InformationSpecialists.

Interested in receiving more information?
Text any of these keywords to 411321.

KEYWORD	TOPIC
NEW2CLL	Questions to ask your doctor
CLLOPTIONS	CLL treatment guide
CLLCARE	CLL glossary
CLLCONNECT	Connect with other patients
CLLSUPPORT	Financial checklist

