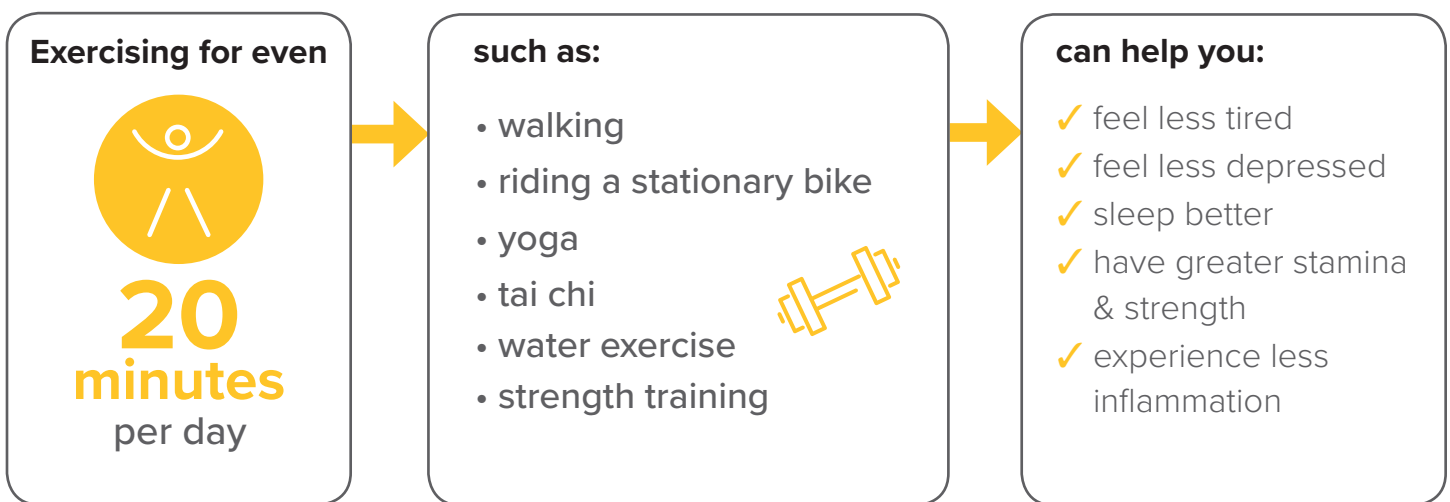




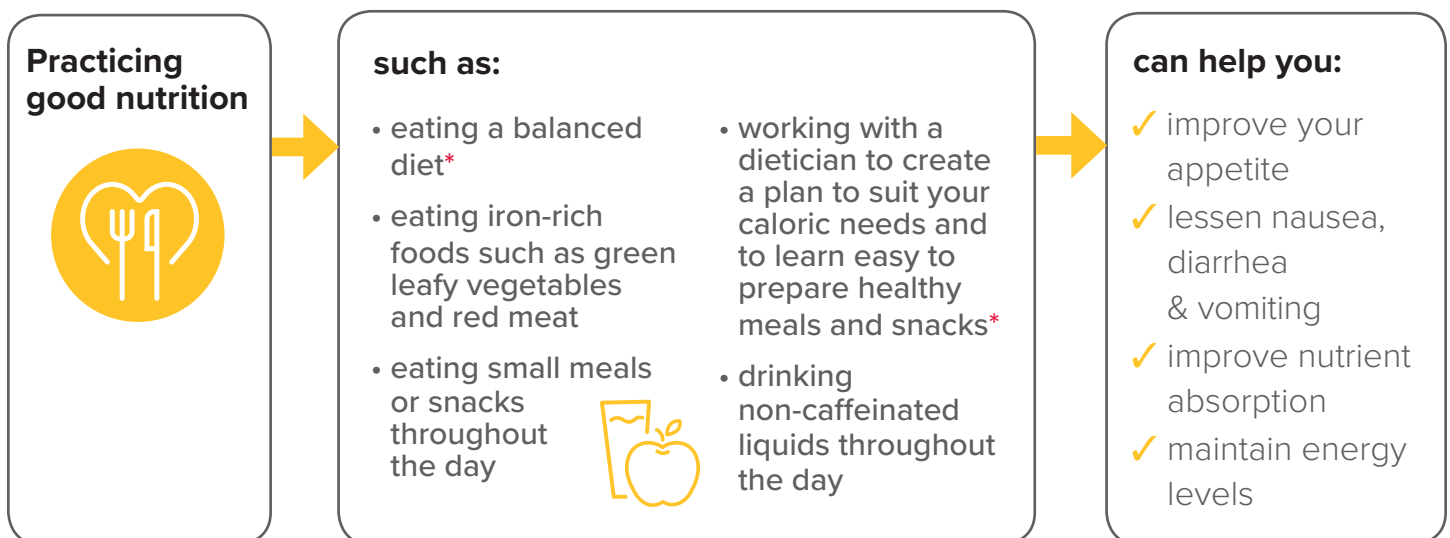
## MANAGING Cancer-Related Fatigue

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](http://www.LLS.org/nutrition)



## TREATMENTS for cancer-related fatigue

Discuss the following treatment options with your doctor.

Condition:	Treatment:
<p><b>ANEMIA</b> (low red blood cells)</p>	<ul style="list-style-type: none"> <li>• Add iron-rich foods and vitamins to your diet</li> <li>• Use blood transfusions to alleviate symptoms and make sure you have enough oxygen in your system</li> <li>• Try erythropoiesis stimulating agents (ESAs)- drugs to treat chemo-related anemia</li> </ul>
<p><b>PAIN</b></p>	<ul style="list-style-type: none"> <li>• Cancer medication may be changed or the dosage increased</li> <li>• Cancer medication dosage may be adjusted</li> </ul>
<p><b>DEPRESSION</b></p>	<ul style="list-style-type: none"> <li>• Medication</li> <li>• Counseling – support groups, stress management training</li> <li>• Both medication and counseling</li> </ul>
<p><b>PSYCHOSOCIAL PROBLEMS</b></p>	<ul style="list-style-type: none"> <li>• Reduce stress</li> <li>• Increase psychosocial support (counseling, stress management, coping strategies)</li> <li>• Cognitive behavioral strategies (progressive muscle relaxation or relaxation breathing)</li> </ul>



## 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 Monday through Friday, 9 a.m. to 9 p.m. (ET).

Contact us at **800.955.4572** or **[www.LLS.org/InformationSpecialists](http://www.LLS.org/InformationSpecialists)**