

# FATIGUE

## Managing Chemotherapy Side Effects.

### Why do I feel so tired?

Chemotherapy can make you tired. So can other things like anaemia, which is a low red blood cell count. Being depressed or in pain, taking certain medicines, or having trouble sleeping can also make you feel tired.

**Tell your doctor or nurse if:**  
**You are not able to do your normal activities.**  
**You are still very tired, even after resting or sleeping.**



### Make a plan to feel less tired.

**Do less. Let others help you.**

Do activities that are most important first.

Ask others for help.

Take time off from your job, or work fewer hours.

**Many people find it helpful to keep track of their energy level. Some people write down how they are feeling each day in a notebook to share with their doctor. Others use their smart phone or a computer. Tracking can help you and your doctor figure out how to manage or treat your**

### Try to be active every day.

Walk or ride an exercise bike for 15 to 30 minutes a day.

Talk with your doctor to learn about other exercises that can help you.



## Take time to rest.

Listen to your body.  
Rest when you feel tired.

Try to take short naps that are 1 hour or less, during the day.

Make a bedtime routine. Bathing or listening to music before you go to sleep may help you relax.

Sleep at least 8 hours every night.



## Eat and drink well.

Make healthy foods when you feel well.  
Freeze them to eat later.

Eating helps you keep up your strength. Some people find it easier to eat 5 or 6 small meals or healthy snacks instead of 3 big meals.

Most people need to drink at least 8 cups of water a day. Keep water with you and take small sips during the day.

## Be as active as you can.

Try to exercise every day. Even 15 to 30 minutes a day can help give you energy.

Take a walk or ride an exercise bike.

Ask your doctor or nurse about other exercises that can help. Stretching, yoga, or Tai Chi help some people.

## Contact Details:

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