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| Common Side Effects of Chemotherapy- **Fatigue\*\*\***- **Numbness/tingling\***- **Weakness of hands and/or feet\***- **Weak, sore, tired, or achy muscles\***- **Muscle Pain\***What is cancer related fatigue?- Worse than everyday fatigue- Lasts longer and sleep doesn’t make it better- Everyday activities can be overwhelming - Affects every part of a person’s life- Can last months-years - Differs from day to day |

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| For more information and tips:<https://www.cancer.gov/about-cancer/treatment/side-effects><https://www.cancer.net/>[https://www.ucsfhealth.org/education/tips\_for\_conserving\_your\_energy](https://www.ucsfhealth.org/education/tips_for_conserving_your_energy/)<https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fatigue/managing-cancer-related-fatigue.html><https://www.mskcc.org/cancer-care/patient-education/managing-related-fatigue><https://sites.duke.edu/ptot/outpatient-services/patient-resources/energy-conservation/> |

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| Image result for fatigue |
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| How can i save my energy?  |
|  Made by: Ashley Lewis |

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| What is energy conservation?Image result for take your timeRefers to the way activities are done to decrease muscle fatigue, joint stress, and pain and to better use your body to **save your energy!**Energy Saving Tips* **Activities of Daily Living**

- Plan ahead to avoid rushing- Sit down as much as possible- Change your home to save your energy (ex. place chairs throughout house to allow for rest breaks)-Wear comfortable, low heeled, slip on shoes-Try to avoid leaning over and reaching - Use a rolling walker or cane when walking longer distances- Maintain normal breathing and stop to rest if you feel tired | * **General Tips:**

- Take short naps or rest breaks throughout the day (30 minutes or less)-Sleep 7-8 hours each night-Try to do moderate exercise daily (ex. walking)- Develop a daily routine and select tasks that are most important for the day- Plan ahead and spread activities throughout the day- Do things slowly- Ask friends to help with things that are too hard or tiring- Drink plenty of water and juices and eat a balanced diet- Reduce & manage stress (deep breathing, meditation, prayer, read, listen to music, walk)Related image- Avoid activities that make you feel the most tired | Image result for deep breaths* **Housekeeping:**

- Schedule household tasks throughout the week-Ask for help with heavy housework- Stop working before becoming too tired- Store frequently used items within easy reachImage result for shower bench- Install grab bars in shower and shower bench in tubImage result for grab bars in shower |