Many people feel tired with cancer treatment. You may notice that you cannot think clearly or concentrate well. You may not want to do activities that you often enjoy.

Feeling tired may be caused by:

- Cancer treatments, such as surgery, chemotherapy or radiation therapy
- A low blood cell count called anemia
- Problems with eating
- Nausea and vomiting
- Trouble sleeping
- Stress or worry
- Tumors

Talk to your doctor or nurse about how to manage your tiredness.

Here are some things that you can do:

- Rest often. Take naps when you feel tired. If you are having trouble sleeping at night, talk to your doctor or nurse.
- Stay active. Exercise such as walking can help your energy level. Do some form of light exercise each day.
- Eat healthy. Eat a variety of food. Drink plenty of liquids each day unless you have been told by your doctor to limit liquids. Avoid caffeine.

Las siguientes son algunas cosas que puede hacer:

- descanse con frecuencia. Durma siesta cuando se sienta cansado. Si tiene problemas para dormir de noche, digaselo a su médico o enfermera;
- manténgase activo. El ejercicio, como caminar, puede ayudar a aumentar su nivel de energía. Haga algún tipo de ejercicio liviano cada día;
- coma de manera saludable. Coma alimentos variados. Beba mucho líquido cada día, a menos que su médico le haya dicho que los restrinja. Evite la cafeína;
• Eat smaller meals throughout the day to give you more energy. The body uses less energy to digest small meals. Eating one or two large meals a day can drain your energy.
• Conserve your energy to do the activities that are most important to you. Set priorities to do some activities today and have others that can wait until tomorrow.
• If stress is keeping you from getting enough rest, talk about your feelings with friends, family members, clergy or a counselor.

Talk to your doctor or nurse if you have any questions or concerns, feel that your fatigue is getting worse, or are too tired to get out of bed each day.

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Cancer Related Fatigue. Spanish.

• coma comidas más pequeñas durante el día para obtener más energía. El cuerpo usa menos energía para digerir comidas pequeñas. Comer una o dos comidas grandes al día puede dejarlo sin energía;
• conserve su energía para realizar las actividades que sean más importantes para usted. Establezca prioridades para hacer algunas actividades hoy y deje otras para el día siguiente;
• si el estrés le impide descansar lo suficiente, hable acerca de sus sentimientos con amigos, familiares, miembros del clero o con un consejero.

Hable con su enfermera o médico si tiene alguna pregunta o inquietud, si siente que su fatiga está empeorando o se siente demasiado cansado para levantarse cada día.