



CANCER RELATED FATIGUE IS:



A distressing, persistent sense of exhaustion related to cancer or cancer treatment that is not relieved by rest

Experienced by

30%

of cancer survivors for a number of years after treatment



Experienced by
70%
of cancer patients



Very different from everyday fatigue

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THE 4 P^S OF ENERGY CONSERVATION



PRIORITIZE: Decide what needs to be done today and what can be done later.



PLAN: Organize your schedule and activities to best conserve energy. Ask for help.



PACE: Don't rush. Rest often. Ask for help.

POSITION: Sit when you can. Avoid bending and reaching. Maintain good posture.



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