

Tips to Manage Metastatic Breast Cancer-Related Fatigue

Daily Tips to Help Reduce Cancer-Related Fatigue

Energy is like a bank account – each time you withdraw energy to complete an activity, it's important to replenish your energy through rest and other activities. Below please find a checklist of simple actions to help balance energy use, and minimize fatigue:

- ☐ **IDENTIFY**
 - Recognize activities that cause fatigue and build in time for recovery after these activities.
- ☐ **PRIORITIZE**
 - Manage your schedule and responsibilities and be realistic about what you can handle.
 - Don't be afraid to ask for help or say no to responsibilities.
- ☐ **REFUEL**
 - Maintain a healthy, balanced diet.
 - Start your day with a short walk or physical activity to revive energy after a night's rest.
- ☐ **REST**
 - Aim for 7–8 hours of sleep a night. If you're having trouble sleeping, share this with your healthcare team.
 - Go to bed and wake up at the same time each day.
 - On nights you can't sleep, get out of bed and have a cup of tea or read a book. Avoid using the internet and electronic devices that may be distracting.
 - Avoid caffeine for at least 8 hours before bed.
- ☐ **TALK**
 - Talk to your doctor or nurse about fatigue related to diagnosis and treatment.
 - Connect with others dealing with the same issue through online patient chatrooms, Facebook groups or patient advocacy groups for additional strategies to combat fatigue.

Minimize Cancer-Related Fatigue

Work with healthcare providers who focus on minimizing fatigue by helping you build energy through pain management, nutrition and alternative therapy, such as yoga or acupuncture:



ONCOLOGY PHYSICAL THERAPIST

- These specialists can help you set a wellness routine that helps you address pain, build energy and minimize fatigue. Talk to your oncologists or nurse navigator about available options in your community.



DIETITIAN

- Improving nutrition is also an important way to prevent fatigue.



PSYCHIATRIST OR CLINICAL PSYCHOLOGIST

- Mental healthcare providers can help you address stress and other mental health challenges contributing to fatigue. Psychiatrists can prescribe medicine to help address mental health challenges.



ONCOLOGIST

- Fatigue is a common side effect of many metastatic breast cancer treatments. Talk to your doctor and nurse about side effects you may be experiencing, so they can adjust treatments or recommend other care providers who can help.



ALTERNATIVE THERAPY

- Alternative therapies such as gentle yoga and acupuncture can be helpful in addressing fatigue. Talk to your doctor and nurse about the alternative therapies that are right for you.