

Empower - Menopause and Cancer Survivorship Pathway

Managing Fatigue

FAQs

1. What is a fatigue diary and how should I use it?

A fatigue diary/tracker is a way to track what times of day you feel more fatigued and what are the possible triggers. It can help you make lifestyle changes to be able to better manage your symptoms.

2. Will I be able to drive?

If you feel too fatigued to drive, ask a friend or family member to do so for you. However, if it is necessary to drive do your best to take regular breaks. It can also help to plan your drives around the times of day when you know you usually feel most alert.

3. Is fatigue the same as tiredness?

No, fatigue is not the same as tiredness. People with cancer-related fatigue generally tire out from daily activities much faster than those without it. Fatigue is also different because it may not be improved with sleep or rest.

4. Will fatigue impact my ability to work?

It may be slightly more difficult to work with fatigue. If this is the case, it can help to talk to your employer about your symptoms to see if you can change your workload or schedule to better suit your needs.

5. Are there any drug treatments for fatigue?

Right now, there are not any licensed drug treatments for fatigue.

<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/tiredness>

6. How long will my fatigue symptoms last?

It depends on the person. For some people, fatigue only lasts months while for others it can last for years.

7. Will naps help with menopause fatigue?

Naps can help improve fatigue symptoms, but long naps can worsen fatigue. Professionals recommend 20–30-minute naps.

8. How is fatigue treated?

There are lots of methods that are used to treat fatigue. Some of these include counselling or exercise regimens.

9. How do I know if I have fatigue?

Some common fatigue symptoms include challenges completing small tasks, feeling as though you could spend the entire day in bed, feeling tired after a long night's sleep, brain fog and irritability.

10. Are there ways to make my fatigue better?

There are lots of things you can do to make fatigue better including relaxation techniques, light exercise, and dietary changes.

11. Is there anyone I can be referred to help with my fatigue?

Your healthcare team should be your first point of contact for concerns about fatigue.