

## Fatigue

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Fatigue can be described as feeling more tired than usual. The fatigue that comes with cancer is different from the fatigue of daily life because it might last longer and rest does not always help.

At times your child may not have the energy to attend school or participate in activities with family and friends. It may also be difficult for your child to concentrate or make decisions.

### **Fatigue may be caused by:**

- Treatments such as chemotherapy and other medicines, radiation, and /or surgery
- Physical factors such as change of routines in sleeping or daily activities
- Mental or emotional factors such as stress, anxiety, worry, sadness, or fears

### **What helps?**

- Frequent short rest periods
- Allow changes to your child's routine
- Regular light exercise
- Developing a normal sleep routine
- Eating a well balanced diet
- Sometimes medications are used to help relieve symptoms of fatigue
- Accept help from friends and family
- Discuss concerns with your health care team

## Contact Us

**For patient care assistance, please call the following phone numbers:**

- Jimmy Fund Clinic (617) 632-3270  
Business Hours 8 a.m. to 5 p.m., Monday through Friday
- Page Operator (617) 632-3352  
Off hours: weekdays after 5 p.m., holidays, and weekends  
Page pediatric hematology/oncology fellow on call
- Life Threatening Emergencies dial 911