

## 疲劳与癌症

供受癌症影响的人士参考的信息。

我们编写了这份情况说明书，以帮助您进一步了解癌症及其治疗的常见副作用——疲劳。

### 何为疲劳？

疲劳指的是非常疲乏、疲惫不堪以及精疲力尽的感觉。它不同于一般的疲倦感，因为并不总是休息或睡眠就能恢复。有些患者将其描述为身心衰竭感。大部分患者在确诊患癌之后都有感觉极度疲劳的经历。

**寻求帮助来缓解疲劳是很重要的。这是您的整体护理中的重要部分。请与您的医护团队讨论有关支持及治疗的事宜。**

### 有什么症状？

疲劳以不同的方式影响癌症患者。随着时间的推移，您的感觉可能会发生变化；而且这种感觉在治疗前、治疗期间及治疗后可能会有所不同。

有些症状可能是：

- 精力不足或完全没有精力
- 肌肉发酸或疼痛
- 感觉虚弱或行动缓慢
- 难以清晰思考或专心
- 无法处理日常事务

## Fatigue and Cancer

Information for people affected by cancer.

We prepared this fact sheet to help you understand more about fatigue, a common side effect of cancer and cancer treatments.

### What is fatigue?

Fatigue is when you feel very tired, weak and have no energy. It is different to normal tiredness because rest or sleep does not always help. Some people describe it as mental and physical exhaustion. Most people experience fatigue after a cancer diagnosis.

**Fatigue is common, and managing it is an important part of cancer care. Talk to your doctor or nurse about support and treatment.**

### What are the symptoms?

Fatigue affects people with cancer in different ways. The way you feel can change over time and may be different before, during and after treatment.

Some symptoms may be:

- having little or no energy
- muscle aches and pains
- weakness or slowness
- finding it hard to think clearly or concentrate
- not being able to do daily tasks

感觉疲劳不一定意味着癌症病情加重或复发。您如果担心，请咨询您的医生或致电 13 11 20 与 Cancer Council 联系。

## 疲劳的原因

疲劳可能由以下原因导致：

- 癌症本身
- 癌症治疗
- 药物，如止痛药
- 治疗的副作用，如红细胞偏低（贫血）或疼痛
- 饮食变化
- 压力
- 情绪变化，包括抑郁
- 睡眠问题
- 缺少运动
- 其他健康问题，如感染。

## 疲劳会持续多长时间？

疲劳会伴随癌症治疗的整个过程，在治疗结束后也会持续一段时间。随着时间的推移，精力水平通常会改善。大部分患者在治疗结束6至12个月之后会有好转。而有些患者的疲劳感可能会持续更长时间。

仅仅因为有些患者看起来已经康复了，这并不代表他们有体力或精力从事确诊以前所做的日常事务。

## 疲劳的影响

有些患者认为疲劳是癌症最难以应付的副作用。有时候您可能看起来很精神，但仍有严重的疲劳感，这会使您感到沮丧和孤独。如果您一直感到沮丧或悲伤，请告知您的医生。您可能情绪低落或感到抑郁，但治疗可能会有所帮助。

Feeling fatigued does not usually mean the cancer has advanced. If you are concerned, speak to your doctor or call Cancer Council 13 11 20.

## Causes of fatigue

Fatigue can be caused by:

- the cancer itself
- cancer treatments
- medicine, such as pain relief
- side effects of treatment, like low red blood cells (anaemia) or pain
- changes to what you eat
- stress
- mood changes, including depression
- not sleeping well
- not exercising enough
- other health problems, such as infection.

## How long does it last?

Fatigue can last throughout cancer treatment and for some time after it is finished. Energy levels usually get better over time. Most people find they feel better 6 to 12 months after treatment ends. For some people, fatigue can continue for a longer period of time.

Just because someone looks like they have recovered, this does not mean they have the strength or energy levels to do everything they did before diagnosis.

## The impact of fatigue

Some people say fatigue is the most difficult side effect of cancer. Sometimes people might look well but still be feeling very bad fatigue. Fatigue can make it hard to do everyday things, making you feel frustrated and isolated. If you have feelings of frustration or sadness that won't go away, talk to your doctor. You may have low mood or depression, and treatment can help you feel better.

“接受放射治疗之后，我觉得非常疲惫，以至于最初我只能老坐在沙发上休息。我未曾意识到治疗会对我的身体造成影响，但渐渐地我可以做更多事情了。”

**Susan 说**

## 应对疲劳

开始与您的GP（家庭医生）、护士或专科医生谈论您的感觉，包括疲劳感持续了多长时间。

把每天的感觉记下来可能会有所帮助。这可以帮助您了解自己精力最好与最差的时间。

您可能需要做检测查找导致疲劳的原因。如果可能的话，医护团队将针对诸如疼痛或贫血等疲劳促因进行治疗。您也许需要看专科医生或到疲劳专科诊所（如有的话）就诊。

## 做运动以应对疲劳

虽然这听起来很奇怪，但是运动可以帮助缓解治疗前后和治疗期间的疲劳。请与医生讨论自己适合做什么运动，尤其是骨癌或晚期癌症患者。

运动生理学家和物理治疗师可以帮助您制定安全的运动计划。您也可以选择参加当地为癌症患者开设的社区运动班或团体。

Cancer Council为癌症患者提供免费的在线运动视频。如需了解更多信息，请浏览网站：[cancercouncil.com.au/exercise](http://cancercouncil.com.au/exercise)，或参阅我们免费的宣传册《*Exercise for People Living with Cancer*（癌症患者的运动）》。

“最初我用轮椅，然后用助行器。我喜欢超市的手推车，因为它就是一台变相的助行器。之后，我可以使用健身脚踏车并开始瑜伽疗法。我每天还做一次引导冥想。重新连接治疗之前对我重要的事情，这对我的身心健康有益。” **Susan 说**

“After radiation therapy, I was so fatigued that initially all I could do was sit on the couch. I didn't realise the impact the treatment would have on my body, but little by little I could do more.” **Susan**

## Managing fatigue

Start by talking to your GP, nurse or specialist doctor about how you are feeling, including how long you have felt fatigued.

Sometimes it helps to write down how you are feeling from day to day. This can help you to learn when you have the most and least energy.

You may have tests to see what could be causing the fatigue. If possible, your doctor or nurse will treat the conditions that could be making you feel more fatigued. You may need to see to a specialist or a fatigue clinic (if available).

## Exercise and fatigue

Exercise can help with your manage fatigue before, during and after treatment. Talk to your doctor about what is right for you, especially if you are living with bone cancer or advanced cancer.

Exercise physiologists and physiotherapists can help with safe exercise plans. You may also be able to join a local community-based exercise class or group for people with cancer.

Cancer Council has free online exercise videos for people affected by cancer. Visit [cancercouncil.com.au/exercise](http://cancercouncil.com.au/exercise) for more information or see our free booklet, *Exercise for People Living with Cancer*.

“At first I used a wheelchair, then a walker. I loved the trolley at the supermarket because it was like a walker in disguise. Later, I could use an exercise bike and start yoga therapy. I also did a guided meditation every day. It helped physically and mentally to reconnect with things that were important to me before treatment.” **Susan**

## 睡眠与癌症

患有癌症疲劳症的人经常有睡眠问题或睡眠时间过长。这可能会使疲劳感加重，所以务必咨询您的医护团队，找到获得合适的睡眠时长的方法。

制定包括放松活动（如冥想）在内的就寝规律也许有所帮助，晚上避免使用电脑、手机或平板电脑，日间小睡时间要缩短。

您也可以考虑接受心理辅导或认知行为疗法（CBT），这些方法也许有助于舒缓疲劳及改善睡眠问题。请向您的GP（家庭医生）查询您所在地区可选择的服务。

## 应对疲劳的窍门

应对疲劳的最佳途径取决于您个人的情况，但以下几条建议也许可以帮助您应对日常生活中的疲劳：

### 安排好一天的作息

-  设定可以管理的小目标
-  包括白天的休息时间
-  把活动安排在您觉得一天中精神最好的时间段
-  以较短的小睡或休息代替长时间休息
-  限制访客的人数。

## Sleep and cancer

People with cancer fatigue often sleep too much or find it hard to sleep. This can make fatigue worse, so it is important to speak with your doctor or nurse.

It may help to have a bedtime routine including relaxing activities, such as meditation. Try not to use computers, mobile phones or tablets in the evening, and keep naps during the day short.

You can also try counselling or cognitive behavioural therapy (CBT) as these may help with fatigue and sleep problems. Speak with your doctor about options in your area.

## Tips for managing fatigue

What will make you feel better will depend on your situation. But the following general tips may help you:

### Plan your day

-  Set small goals that you can complete
-  Include rest times during your day
-  Plan your activities for when you feel best in the day
-  Have shorter naps or breaks instead of one long rest
-  Limit the number of visitors you have.

## 照顾好自己



健康饮食并多喝水



不要喝酒



戒烟; 向医生咨询如何戒烟, 或拨打电话号码13 7848, 联系Quitline (戒烟热线)。



如果可以的话, 做点运动也会有帮助



做令您开心放松的事情



尝试放松和冥想的技巧。

## 寻求帮助



如有可能, 请要求亲友或邻居帮助您



咨询医生和护士



致电Cancer Council与癌症专科护士交谈。如需用自己的语言与他们交谈, 请致电13 14 50



您当地的市政府或社工可以帮您联系提供居家帮助服务(如打扫房间、吃饭或购物等)的机构; 有时候这些服务是免费的



请记住: 疲劳通常会随着时间的推移而减轻。

## Look after yourself



Eat well and drink lots of water



Don't drink alcohol



Stop smoking; talk to your doctor about stopping or call Quitline on 13 7848.



Exercise if you can, even a little bit will help



Do things that make you happy and make you feel relaxed



Try relaxation and meditation techniques.

## Ask for help



If you can, ask family, friends or neighbours to help you



Speak with your doctors and nurses



Call Cancer Council to speak with a cancer nurse. Call 13 14 50 to speak to them in your own language.



Your local council or social worker can put you in touch with organisations for help at home (such as house cleaning, meals or shopping); sometimes these services are free



Remember fatigue usually gets better over time.

“我必须接受自己在应对疲劳，若取得小小改善，都应该觉得欣慰。我必须小心，不要过度追求进步和来者不拒地接受别人的帮助。那样做对我来说具有很大的挑战性，但有成效。” **Susan 说**

## 用您的语言与癌症专科护士交谈

如需用您的语言获得更多信息及支持服务，请致电13 14 50。要求口译员转接到13 11 20 联系 Cancer Council Victoria，与癌症专科护士交谈。训练有素的癌症专科护士可以倾听您的顾虑，提供更多信息，并帮助您联系当地的服务机构。

这项服务供所有受癌症影响的人士使用，包括患者的家人、照顾者及朋友。只需支付一次本地通话的费用（用手机拨打除外），即可使用此项服务。

免费索取用您的语言编写的其他资源：

- 照顾癌症患者
- 癌症是什么病？
- 康复之路

### 鸣谢

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这些信息均基于相关领域的临床医务人员的专业知识及客户体验。这些信息参考了Cancer Council Australia出版的情况说明书《Fatigue and Cancer 2019》。此情况说明书经 Clem Byard, 13 11 20 Cancer Council Victoria审阅。

### 读者须知

有关影响健康的事宜，务必咨询您的医生。此情况说明书仅供一般介绍用途，不可代替专业的医疗、法律或财务意见。医学界和研究界会不断更新修改有关癌症的信息。Cancer Council Australia及其成员在出版时已尽一切努力确保信息的准确性，但他们对于因使用或依赖本说明书所提供的信息而造成的任何伤害、损失或损坏，不承担任何责任。

*“I had to accept that I was dealing with fatigue and celebrate small improvements. I had to be careful not to overdo it and whatever help people offered I took. That was very challenging for me but it helped.”* **Susan**

## Speak with a cancer nurse in your language

For more information and support in your own language, call 13 14 50. Ask the interpreter to contact Cancer Council Victoria on 13 11 20 to talk with a cancer nurse. Trained cancer nurses can listen to your concerns, provide additional information, and put you in touch with local services.

This service is for anyone affected by cancer, including families, carers and friends. It is available for the cost of a local call (except from mobiles).

Ask for a free copy of other resources in your language:

- Caring for someone with cancer
- What is cancer?
- On the road to recovery

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### Note to reader

Always consult your doctor about matters that affect your health. This fact sheet is intended as a general introduction and is not a substitute for professional medical, legal or financial advice. Information about cancer is constantly being updated and revised by the medical and research communities. While all care is taken to ensure accuracy at the time of publication, Cancer Council Australia and its members exclude all liability for any injury, loss or damage incurred by use of or reliance on the information provided in this fact sheet.