



## Mayo Clinic Minute: Coping with cancer-related fatigue

Video	Audio
	<p>Ask anyone experiencing cancer fatigue, and they will tell you that it's horrendous. It can feel like your body is working overtime, and you're super exhausted. It's the type of tiredness that won't go away if you rest a bit.</p>
<p><b>Touré Barksdale, M.D.</b>  <b>Physical Medicine and Rehabilitation</b>  <b>Mayo Clinic</b></p>	<p>"It's different from the normal tiredness we typically have, as it's more intense. It's not easily relieved with rest, and it can greatly impact how you're feeling and doing."</p>
	<p>Dr. Touré Barksdale says that there are several factors that contribute to cancer-related fatigue, including chemotherapy, radiation, anemia, emotional factors and the cancer itself.</p>
	<p>"And then preexisting comorbidities, such as anxiety, depression, fatigue and sleep apnea, can also play a role in cancer-related fatigue as well."</p>
	<p>Treatments vary from person to person, but they can consist of physical therapy, energy conservation, psychostimulants and holistic methods.</p>
	<p>"Yoga, tai chi, Reiki therapy, integrative medicine techniques."</p>
	<p>It's a good idea to prioritize your schedule and only do the important things. Also, ask for help when needed. And contact your healthcare team if you're suffering from cancer-related fatigue.</p>
	<p>For the Mayo Clinic News Network, I'm Sonya Goins.</p>