

**Cancer-related Fatigue**

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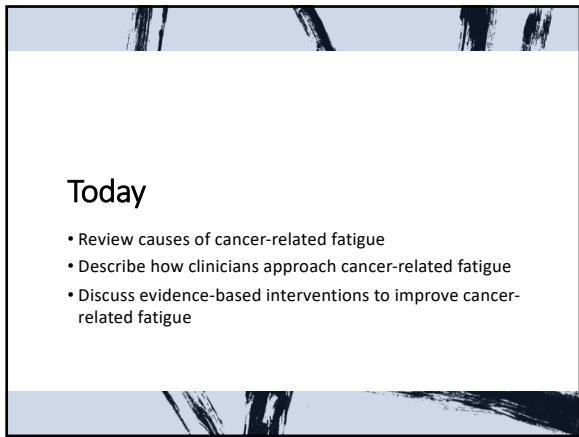
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**Today**

- Review causes of cancer-related fatigue
- Describe how clinicians approach cancer-related fatigue
- Discuss evidence-based interventions to improve cancer-related fatigue

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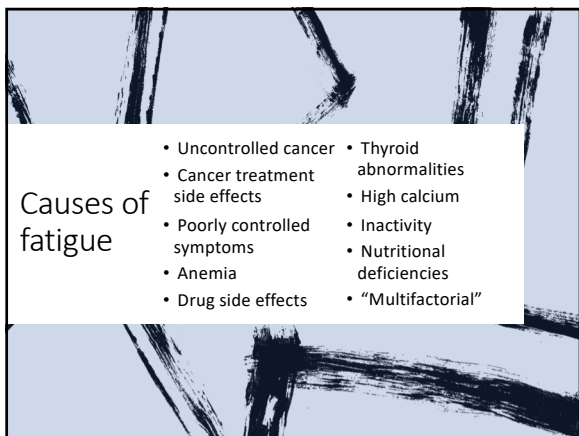
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**Causes of fatigue**

- Uncontrolled cancer
- Cancer treatment side effects
- Poorly controlled symptoms
- Anemia
- Drug side effects
- Thyroid abnormalities
- High calcium
- Inactivity
- Nutritional deficiencies
- "Multifactorial"

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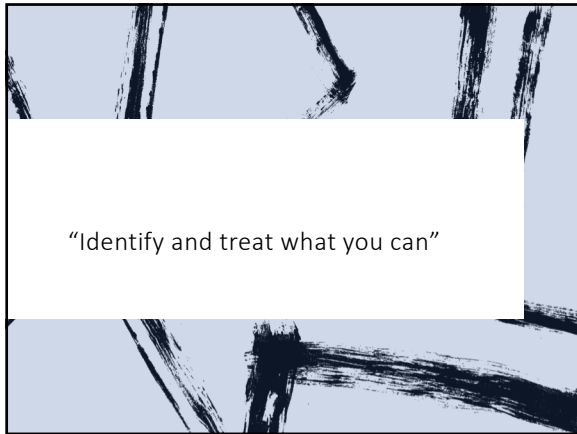
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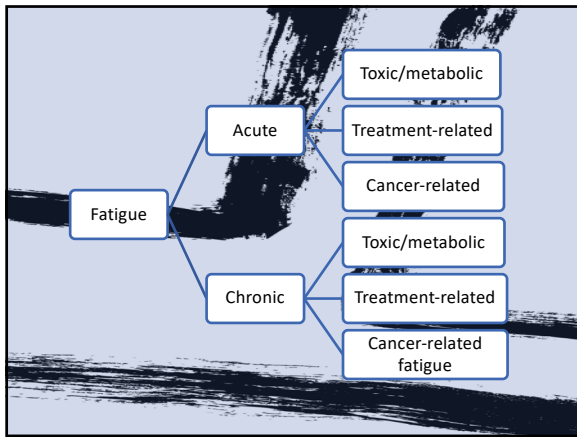
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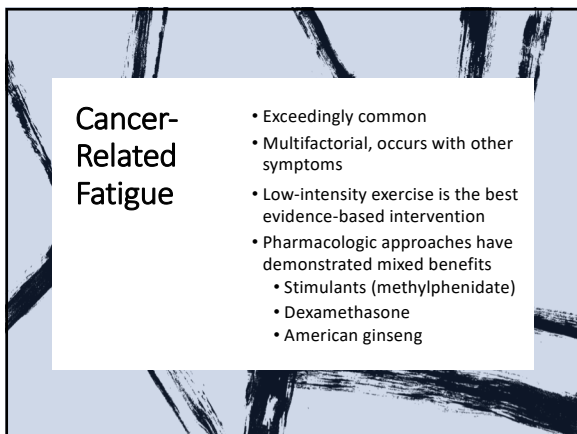
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**Cancer-Related Fatigue**

- Exceedingly common
- Multifactorial, occurs with other symptoms
- Low-intensity exercise is the best evidence-based intervention
- Pharmacologic approaches have demonstrated mixed benefits
  - Stimulants (methylphenidate)
  - Dexamethasone
  - American ginseng

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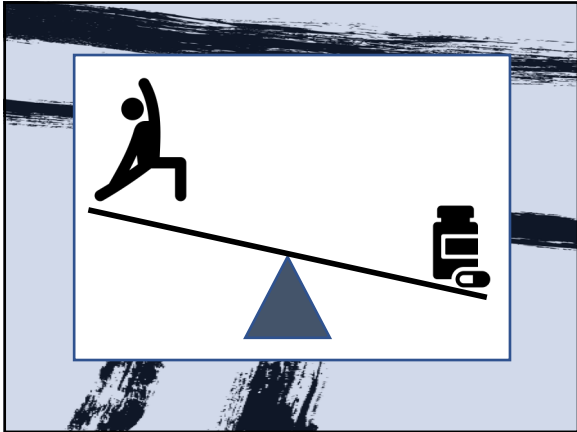
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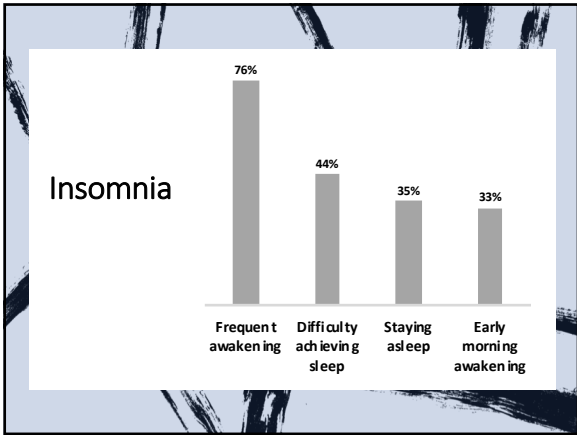
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- Insomnia Predisposing Factors**
- Female
  - Older age
  - Medical/psychiatric/substance disorders
  - Sedentary existence
  - Genitourinary symptoms
  - Gastrointestinal symptoms
  - Obesity
  - Night sweats
- A white rectangular box with a blue border containing a list of predisposing factors for insomnia. The text is in a clean, sans-serif font. The box is set against a background of dark, expressive brushstrokes.

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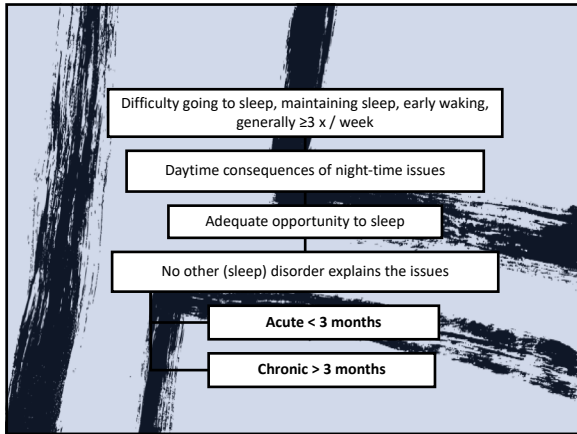
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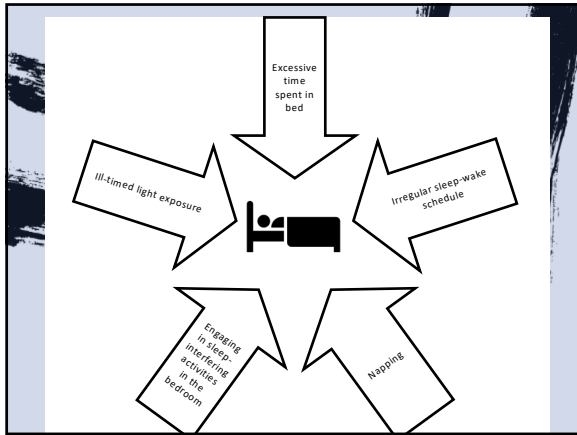
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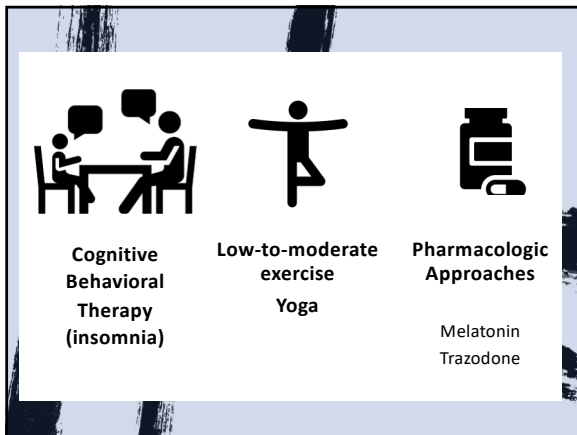
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	Starvation	Cachexia
Anorexia	+/-	++
Metabolism	--	+++
Reverses with increased calories	++	+/-

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Agent	Suggested dosing	Benefits	Risks	Cost per month <sup>a</sup>
Megestrol acetate/ medroxyprogesterone	200–600 mg/day; liquid formulation may be less expensive and more bioavailable than tablets	Improved appetite, weight gain	Edema, Thromboembolism, Adrenal insufficiency	\$57.41 <sup>b</sup>
Corticosteroids	3–4 mg dexamethasone equivalent dose/day <sup>c</sup>	Improved appetite	Multiple common toxicities	\$27.11

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### What *can* we do?

<ul style="list-style-type: none"><li>• Recognize there is no “magic pill”</li><li>• Avoid “Doctor Google”</li><li>• “If it sounds too good to be true...it is”</li><li>• “If it looks good and you can keep it down, go for it”</li></ul>	<ul style="list-style-type: none"><li>• Early referral to nutrition</li><li>• Avoid extreme/fad diets</li><li>• Physical therapy</li><li>• Continue to move</li><li>• Mind-body connection</li><li>• Seeking help is a sign of strength</li></ul>
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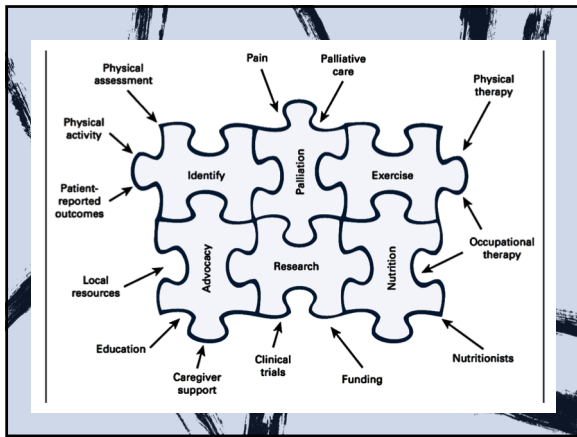
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