

# Fatigue

**Tired because of a tumour suffering, or  
(too) tired to fight.....**

Andreas Ebnetter, HFR Freiburg

# There are several types of fatigue

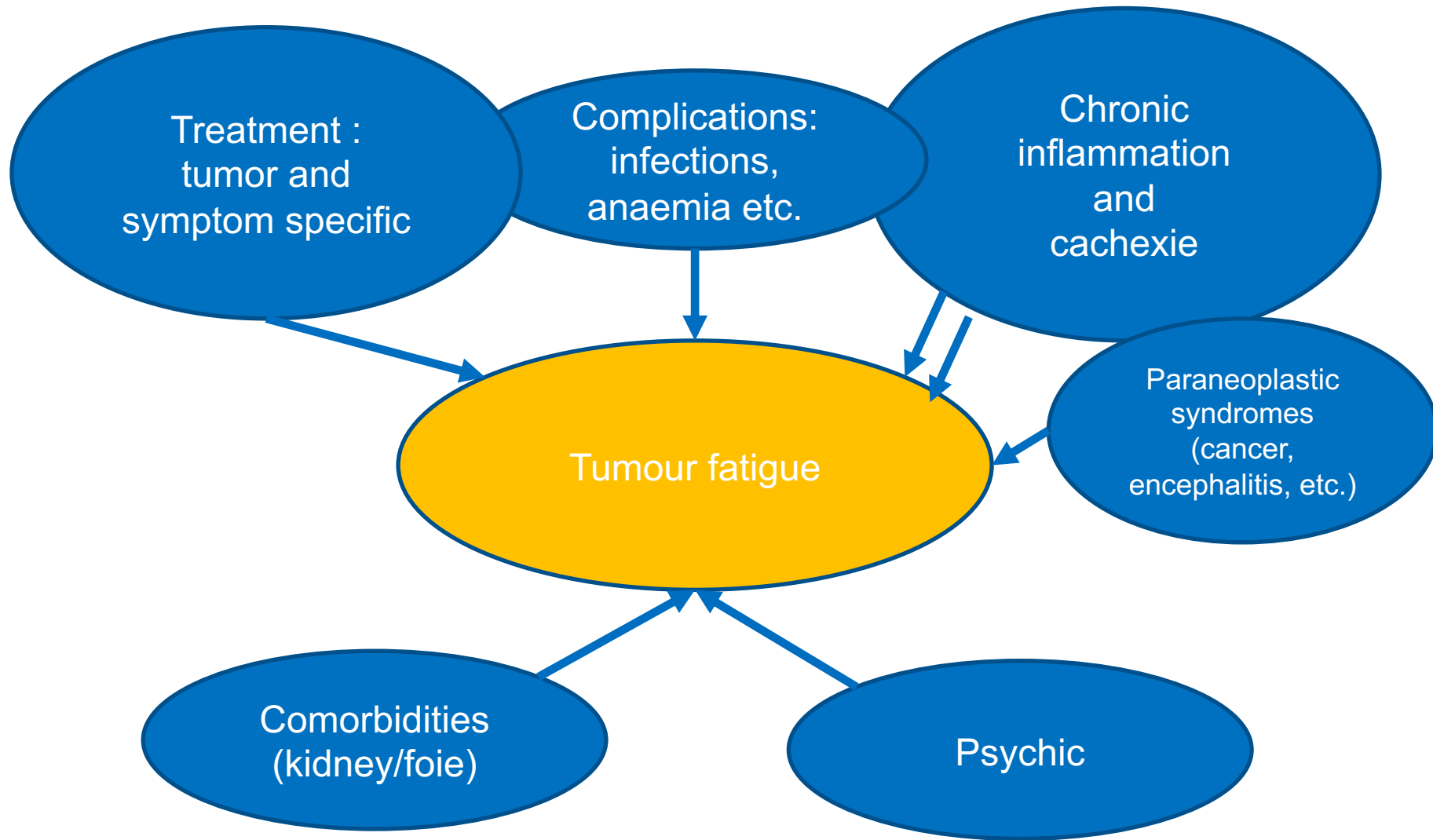


What does fatigue mean to you?

# Differences between fatigue and depression

	Fatigue	Tumour fatigue	Depression
On the physical level	reversible reason decrease after rest warning signs	Irreversible reason, but additional problems reversible in some cases  No improvement after resting or sleeping	reversible reason no improvement after resting or sleeping
On the psychic level	Eustress, stress	low morale	sadness, lack of energy
On the social front	accepted, stimulating	idling operation	idling and inward- looking
On the spiritual level	Fulfills his "role"	"tumor reminder"	empty feeling

# Why does a tumor cause fatigue?



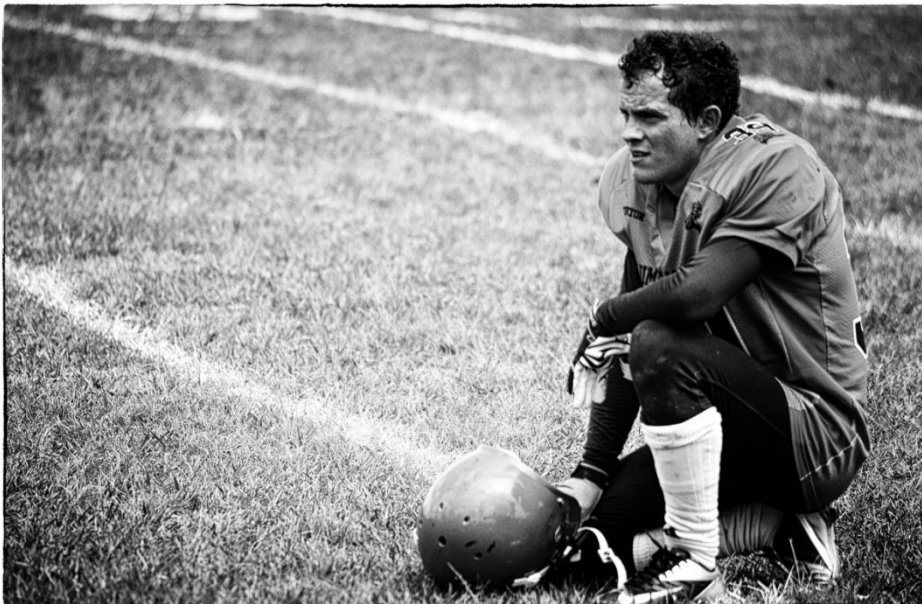
# What is the effect of fatigue on patients?



25 to 99% of tumor patients are tired!

Negative effect on :

- work
- social activity
- quality of living
- possibly also on survival



[www.pixabay.com](http://www.pixabay.com)

# What explanations?

- **Anamnesis**
  - general: sleep quality, stressors, screening for depression, etc.
  - specific: nutritional risk screening ("what is your level of fatigue"), ESAS, BFI (abbreviated fatigue inventory)
- **Laboratory**
  - Hb, electrolyte, CRP, oxygen saturation, TSH

# Treatment

- **Non-medical**

- Relieve pressure, balance energies, reduce stress.
- Discuss sleep hygiene
- Provide psychosocial support

- **Medical**

- Treatment of reversible factors/diseases
- Diet: minor but important influence on the mind
- Physical activity: essential = most important aspect (physiotherapy, walks, etc.)
- Medications: cortisone (and possibly Ritalin)

# Questions