



Sources of Information on **FATIGUE**

Basic Information

Your Bank to Energy Savings – How People with Cancer Can Handle Fatigue
 An 8-page booklet providing information about fatigue and what you can do about it. Produced by the Canadian Association of Nurses in oncology and Ortho Biotech 2001

Self-care Help Sheets for Fatigue. A lot of good practical advice on how to handle daily living while coping with fatigue.
 Written by Diane Batchelor APN

Telephone Contacts

Cancer Information Service 1-888-939-3333
Canadian Cancer Society - KFL&A Unit (613) 384 2361

Is cancer or cancer treatments making you feel tired?
 Anemia Hot Line 1-877-793-7739

Books

There are many books available at the cancer information kiosk in the front lobby and have information about fatigue in them.
 Here are a few suggestions:
Everyone’s Guide to Cancer Therapy (pages 123-126)

Videos

To Be or Not To Be.....Fatigued
 Northwestern Ontario Cancer Centre/ Ortho Biotech, 2001(18 minutes)

CD ROMs

Therapeutic Approaches to Anemia
 Oncology Interactive Education Series produced by jackdigital

Web Sites

Oncology Nursing Society www.cancerfatigue.org
 Tips on coping with fatigue caused by cancer and cancer treatments

National Cancer Institute (U.S.) www.cancer.gov
 Click “Coping with Cancer” then “Fatigue”

These and many other resources are available at the cancer information kiosk in the front lobby of the Cancer Centre.
 The listed resources are provided for information only and are not intended to replace medical advice.
 If you have any questions about your cancer please talk with your health care providers.

