

# Fatigue

Fatigue is a very common side effect of cancer treatment that can disrupt your ability to do everyday things. Here's what you can do to help deal with fatigue.

## TRY THIS

**Ask for help.** Reach out to friends and family to help you with chores and errands.

**Set priorities.** Identify the most important tasks each day, and then focus your energy on those tasks.

**Keep a schedule.** Wake up, go to bed, and rest at the same times each day.

**Be active.** Get an energy boost with exercise, even if it's only for a few minutes.

## CHECK THIS OUT

**Visit** the Springboard page on Fatigue.

<https://smokefree.gov/springboard/symptoms/fatigue>

**Listen** to this audio recording for ways to deal with fatigue caused by cancer treatment. <http://go.usa.gov/xxAeQ>

**Find** out what caregivers can do to help you. <http://goo.gl/27UKHH>

<https://smokefree.gov/springboard/>

# Infections

Infections begin when germs enter the body and cause harm. Cancer and certain treatments can increase your risk of getting an infection, but you can protect yourself.

## TRY THIS

**Wash your hands.** Keep your hands clean, especially before eating.

**Take care of cuts, scrapes, and surgery wounds.** Clean broken skin and protect it with a bandage.

**Avoid germs.** Stay away from people who are sick or have a cold. Avoid crowds. Make sure your food is clean and thoroughly cooked.

## CHECK THIS OUT

**Visit** the Springboard page on Infections.

<https://smokefree.gov/springboard/symptoms/infections>

**Learn** the signs of infection (<http://goo.gl/bw6E7q>) and how to prevent infections in people with cancer (<http://goo.gl/EUOoEX>).

**Learn** three simple steps to help avoid infection. <http://goo.gl/x0vdHZ>

<https://smokefree.gov/springboard/>

# Skin and Nail Changes

Cancer treatments may cause a range of skin and nail changes, including color changes, redness, itching, dryness, and rashes. You can take care of most of these yourself.

## TRY THIS

**Try gentle products.** Use mild soaps, lotions, and creams.

**Protect your skin from the sun.** Wear loose-fitting clothing and a hat when outdoors. Check with your health care team if it's okay to use sunscreen.

**Avoid hot water.** Shower in lukewarm water and avoid baths.

**Wear gloves.** Cover your hands when you wash the dishes, clean the house, or work in the garden.

## CHECK THIS OUT

**Visit** the Springboard page on Skin and Nail Changes.

<https://smokefree.gov/springboard/symptoms/skin-and-nail-changes>

**Listen** to what you can do about mild skin changes during radiation therapy. <http://go.usa.gov/xxJHj>

**Learn** what you can do to manage this and other side effects of cancer treatment. <http://goo.gl/y5jRG6>

<https://smokefree.gov/springboard/>

# Be Active

Exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and your quality of life.

## TRY THIS

**Do physical activity.** Being physically active for even just a few minutes a day is helpful.

**Begin with warm-up exercises.** Start slowly and warm up for at least 2 to 3 minutes.

## CHECK THIS OUT

**Visit** the Springboard page Be Active.

<https://smokefree.gov/springboard/wellness/be-active>

**Watch** this video on finding time for exercise when you're busy. <https://goo.gl/NZynYN>

**Use** the SuperTracker to track your food and physical activity. <http://go.usa.gov/xaKpj>

<https://smokefree.gov/springboard/>

# Healthy Eating

Eating well can help you feel and live better during and after treatment. Here are some tips to help you.

## TRY THIS

**Work with a specialist.** Ask a dietitian to help you create a nutritious, balanced eating plan.

**Shop smart.** Stock your kitchen with healthy foods.

**Practice mindful eating.** Don't get too hungry before you eat. Stop eating when you're full.

## CHECK THIS OUT

**Visit** the Springboard page Healthy Eating.

<https://smokefree.gov/springboard/wellness/healthy-eating>

**Sign up** for HealthyYouTXT. <http://go.usa.gov/xAKpV>

**Watch** these videos on healthy eating, acting, and living.

<https://goo.gl/0lmSHq>

**Learn** more about nutrition after treatment ends. <http://goo.gl/LBjsmv>

<https://smokefree.gov/springboard/>

# Health Care Team

Cancer treatment typically requires a team of health care professionals, including doctors, nurses, and other staff who help take care of you before, during, and after treatment.

## TRY THIS

**Establish good communication.** Take notes and bring someone with you to appointments.

**Build a relationship.** Let your health care team know what you expect from them.

**Be prepared.** Write down questions ahead of appointments.

**Consider a second opinion.** Ask your doctor for a referral and to share your medical records.

## CHECK THIS OUT

**Visit** the Springboard page Health Care Team.

<https://smokefree.gov/springboard/get-support/health-care-team>

**Get** additional resources to help you. <http://goo.gl/gkj0K3>

**Read** this fact sheet on communication in cancer care.

<http://go.usa.gov/xAKvd>

<https://smokefree.gov/springboard/>