

RECLAIMING VITALITY

FIGHTING FATIGUE IN CANCER SURVIVORSHIP

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Disclosures

- Incyte scientific advisory board, speaker bureau

Objectives

- To recognized what cancer related fatigue is.
- To discuss the origin of cancer related fatigue.
- To appreciate the incidence of cancer related fatigue.
 - To discuss strategies to overcome cancer related fatigue and to...

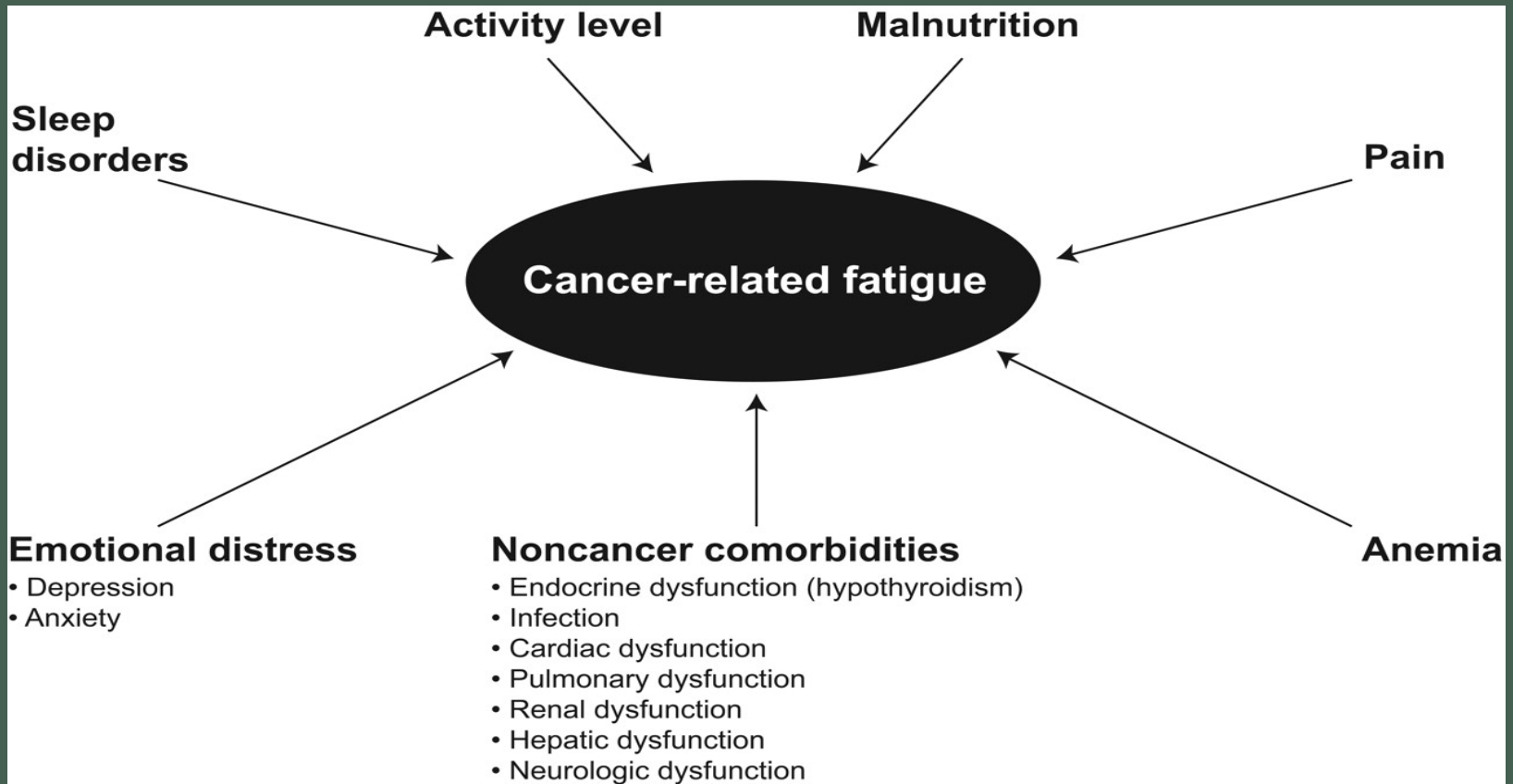
RECLAIM YOUR VITALITY!

What is Fatigue?

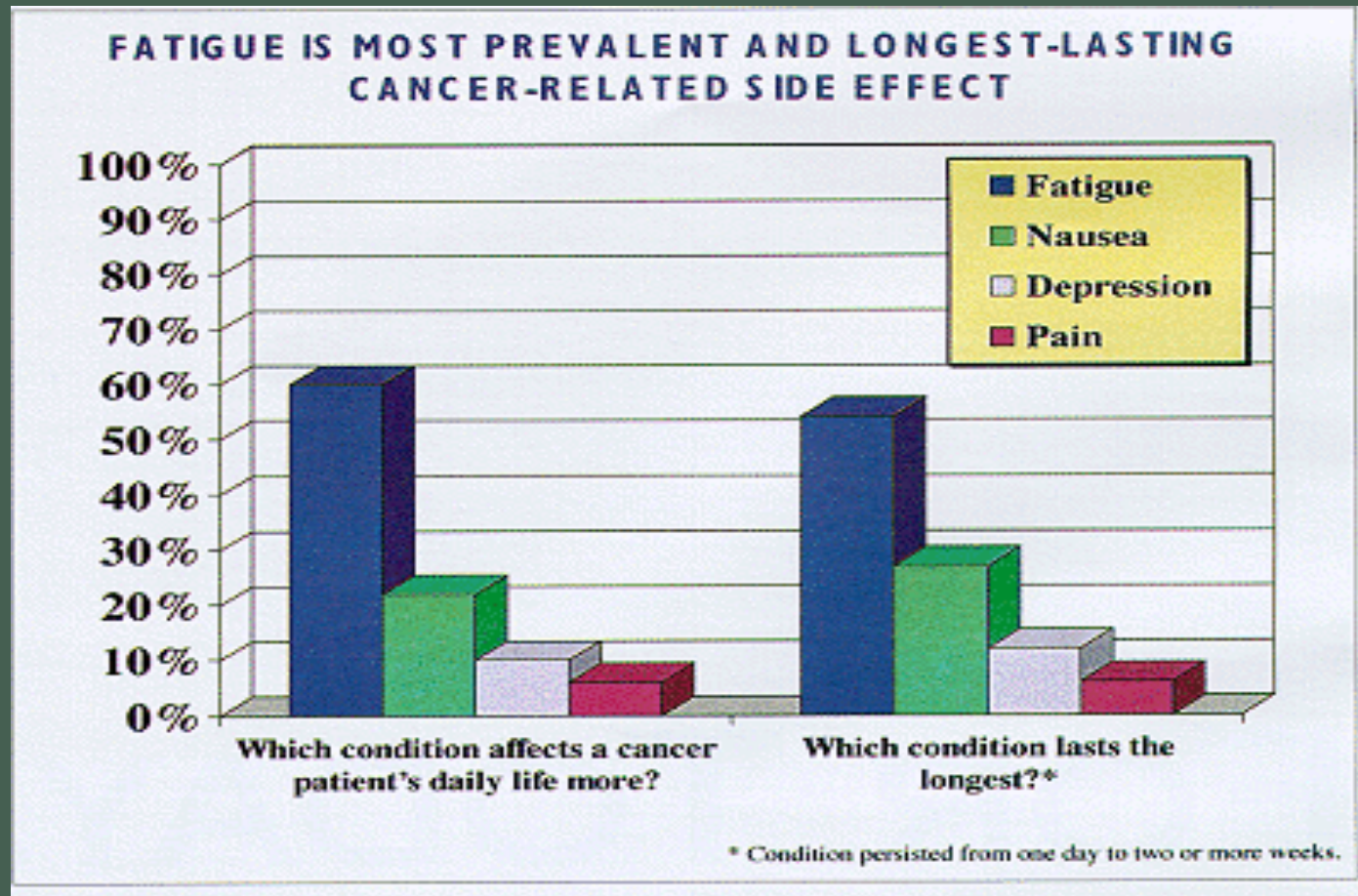
- Described as a mental or physical state of being tired or weak .



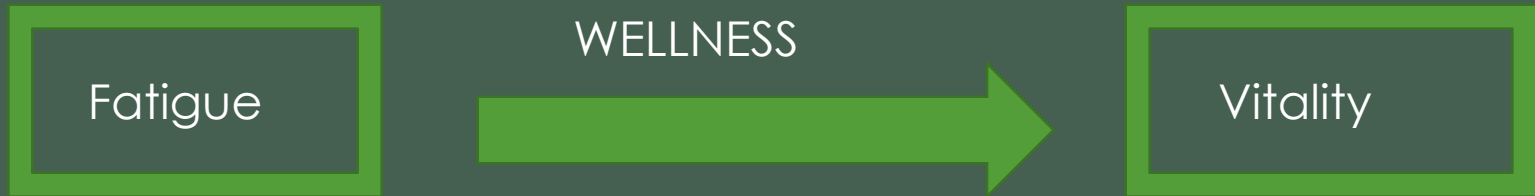
What is the Origin of Fatigue?



How Common is Fatigue?



Wellness- The Road to Recovery



What is Wellness? And how do I get it?!

WHAT IS WELLNESS?

- “The state of being in good health.”
- “Wellness is the harmony of body, mind, and spirit”.



Joy

- Promoting happiness and gratitude

Spirit

- Finding meaning

Mind

- Stress awareness and reduction

Body

- Exercise
- Diet
- Conventional medicine
- Other modalities: acupuncture, naturopathic medicine

Wellness of the Body: The Anti-inflammatory Diet



Structuring Your Plate

High Quality Proteins:

Wild caught salmon
Legumes
Organic chicken

25% High
quality
protein

Vegetables and fruit:

Veggies > Fruit
Focus on Variety
Eat seasonal
Eat organic when possible
(learn the dirty dozen)

50%
Vegetable
and Fruit

High Quality Carbs:

Brown Rice
Quinoa
Whole wheat
Amaranth
Barley
Farro

25% High
quality
carbs

FATS:

GET your omega 3s!
(Cold water fish, flax (ground),
chia, hemp, walnuts)
Olive Oil
Coconut Oil

Wellness of the Body: Exercise

- Get at least 150 minutes of moderate physical activity each week(or 75 minutes of vigorous)
- Break it up if needed
- Get a buddy
- Consider electronic motivation (Fitbits, JawBone, etc)
- Do what you enjoy
- Mix it up
- Stay hydrated
- Be Sun Safer

Conventional Medicine

- Talk to your doctor about other conditions that cause fatigue and if you should be tested such as:
 - Anemia
 - Thyroid disorders
 - Adrenal disorders
 - Depression

Naturopathic Medicine

- Naturopathic medicine is a “distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals’ inherent self-healing process.”
- In-depth look at contributing factors
- May recommend particular diet, vitamins, or supplements

American Ginseng



Acupuncture

- Acupuncture has been proven to combat cancer related fatigue.



WELLNESS of the MIND

- Stress can trigger hormones in your body that produce inflammation.
- Inflammation is the body's attempt at healing itself when there is a harmful substance or event however, when inflammation is present in the body for sustained periods of time chronic illness (such as cancer) can occur.



STRESS INVENTORY

	Stressed (Pro-inflammatory)	Relaxed (Anti-inflammatory)
MIND	Worrying about the future Ruminating about the past Perpetual planning Negative self talk	In the present Engaging the breath Nurturing self talk
BODY	Tense muscles Shallow breath Cold, clammy hands	Relaxed muscles Deep, slow "belly" breaths Warm hands

Stress Reduction

- **THE 4-7-8 Breath technique**
- Breathe out
- Breathe in for count of 4
- Hold breath for count of 7
- Breathe out for count of 8
- **Many other techniques:**
- meditation, mindfulness, aromatherapy, exercise, laughter

JOY

- To be joyful is to be human.
- We, like children, are meant to laugh and to play.
- Rediscover what makes you joyful.
- Set an intention for joy to be part of your life every day.
- Make a daily practice of gratitude.

Conclusion

- Cancer Related Fatigue is the most common complaint in cancer survivorship.
- The cause is usually many different contributing factors
- Promoting wellness is the most effect tool to combating fatigue with focus on Diet, Execise, Spirit, and Joy
- Engage your doctor and other healthcare team members in a discussion about fatigue.
- Be patient: it can take time for full recovery.

Thank you!

Contact me if you are interested in survivorship support group or classes!

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