



# Supporting your prostate cancer patients in managing their fatigue



## Why we have produced this leaflet

Fatigue is a debilitating symptom of many cancer treatments.<sup>1,2</sup> It can be manifested in various ways, making it challenging for healthcare professionals to manage. To help you and your patients we created this consultation guide.

## What symptoms to look out for in your patients

Based on EAU roundtable discussions, the following were noted to be common symptoms of fatigue:

### PHYSICAL

Needing to sleep more  
Debilitating tiredness  
Lack of self-care

### MENTAL

Difficulty concentrating  
Difficulty making decisions  
Cognitive dysfunction

### SOCIAL

Reduced ability to work  
Unable to enjoy hobbies  
Reduced social wellbeing

## How you can encourage patients to discuss fatigue

We know time is often a limiting factor during consultations. With the help of experts and patients we have put together our top 3 icebreaker questions which may help you and your patients start thinking about the impact of fatigue:

- Are you experiencing "brain fog"?
- Are you struggling with daily tasks or work?
- Are you managing to continue with your hobbies and social life?

## How you can empower your patients to manage their fatigue

Exercise has been shown to alleviate symptoms of fatigue.<sup>3-6</sup> However, physical exhaustion, lack of motivation or moral support, and accessibility can create barriers to exercise. Our experts, patients and carers recommended the following top tips to help encourage others to realise the benefits of exercise.

- Try activities that are appealing
- Start slow and set realistic goals
- Work out with others to stay motivated
- Try online exercises at home

*“ You don't feel as intimidated online as you do in a gym. ”*

*“ I found that you can't do it on your own. So, I joined a hill walking club, and my stamina levels improved no end. ”*

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