



# Cancer Fatigue: Steps You Can Take To Regain Energy

By **Derek Nester**

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Oberlin, KS (August 22, 2016) – Few things leave you feeling more tired and drained than cancer treatment. But there are steps survivors can take to regain energy and resume many activities. Learn more during a free Cancer-Related Fatigue program on Wednesday, September 21, at the Golden Age Center in Oberlin. The program is from 3pm-4pm and is open to the public.

Cancer-Related Fatigue is part of a free monthly health and wellness series available at the Golden Age Center. The sessions are presented via interactive televideo (ITV) through Decatur Health System's (DHS) membership in the Midwest Cancer Alliance (MCA), the outreach division of The University of Kansas Cancer Center.

Cathy Glennon, RN, MHS, OCN, director of cancer patient health education programs at The University of Kansas Cancer Center, will facilitate the program. She is part of a team of health experts available through Turning Point: The Center for Hope & Healing.

Sean Conroy, Physician Assistant at DHS, confirms that it can take time to heal from cancer treatment.

“Learning ways to recover more quickly can be beneficial in both the short and long term,” explains Conroy.

According to the National Cancer Institute, up to 96% of cancer patients experience moderate to extreme fatigue during treatment and as many as 82% continue to battle exhaustion in the months following treatment. Glennon will offer tips on how small changes in diet, exercise and activities can help improve energy levels.

“Sometimes,” says Brooke Groneman, Director of Outreach for MCA, “just a few small changes can make a big difference to how we feel.”

To participate in Cancer-Related Fatigue from 3pm-4pm on Wednesday, September 21, or to get information about other upcoming free health programs, please call 785-475-3222.