

Living with Fatigue



Fatigued ...



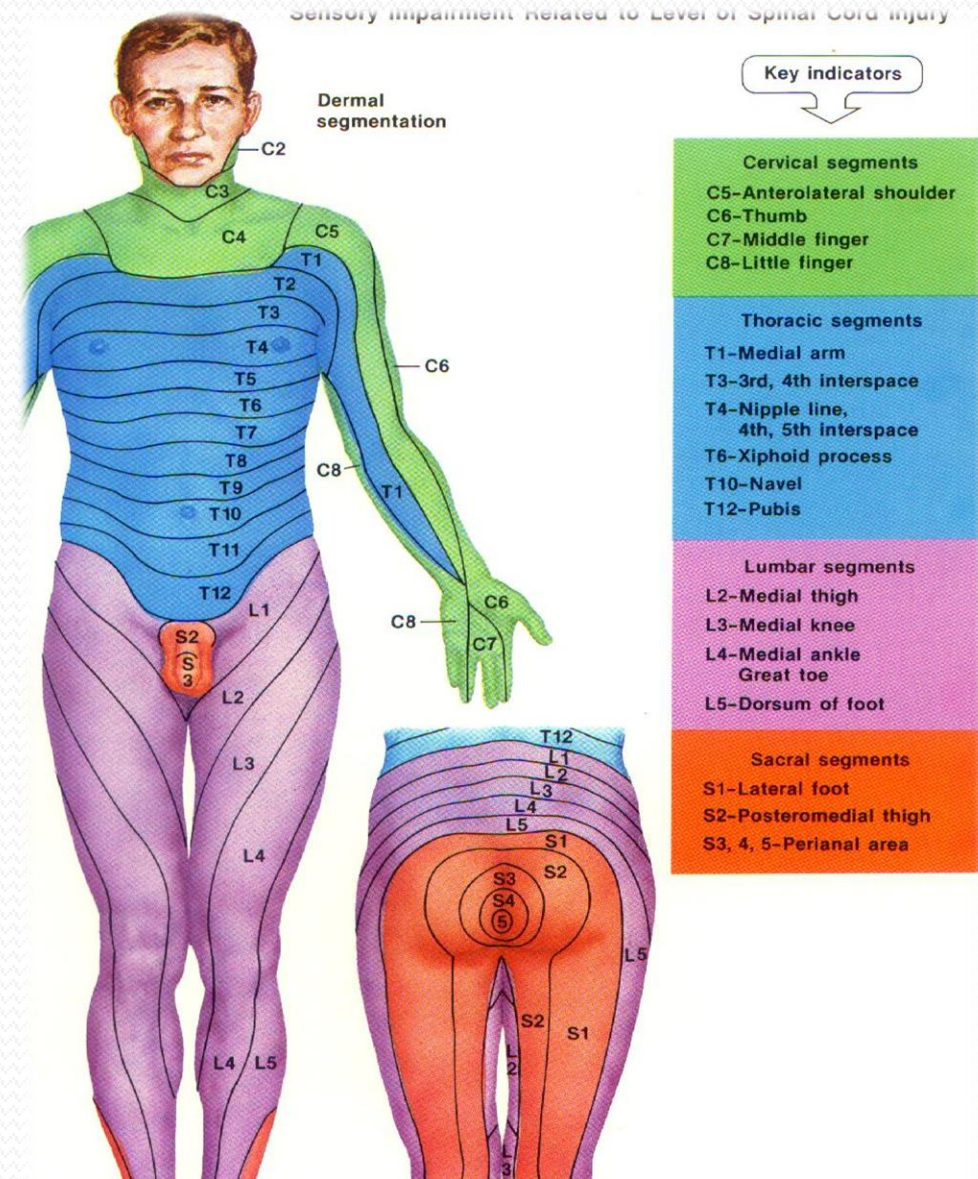
What is Fatigue?

- It is the after effect of an injury/ disease on the nervous system.
- Fatigue is extreme tiredness or weakness
- Fatigue affects everyone differently
- Fatigue can make you feel that you have little control over your life

Fatigue and the body

Spinal Tumours

- Size and position of the tumour
- Nerves which can be affected
- Long term effects of treatment



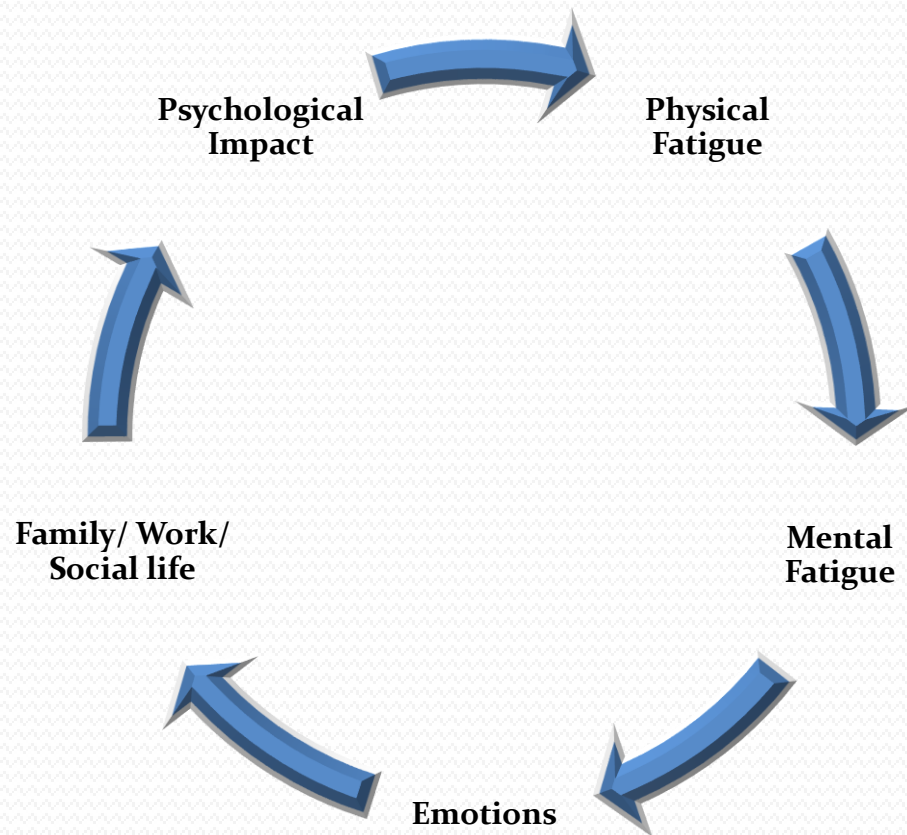
Fatigue and the body

Fatigue is like an uninvited guest who:

- Can make you tired
- Irritable
- Increase your spasticity
- Increase pain
- Cause palpitations and breathing problems



Fatigue and psychological impact



Manage Fatigue

Save your energy

- Plan your day
- Slow down
- Create your comfort zone
- Ask for help

Manage Fatigue

Look after yourself

- Eat well and drink WATER
- Mild exercise
- Relax i.e. hobby, meditation
- Sleep

Fatigue, you and your family

- Communicate how you feel
- Give time to them and yourself
- Don't assume they know



Any Questions?



The strongest have their moments of fatigue.

(Friedrich Nietzsche)

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Contact Us

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