



How Can CLL Patients Combat Fatigue?

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Ken:

My name is Ken Cameron. I recently moved here from Hawaii. My question is that when you feel the fatigue coming on, do you recommend you combat it with exercise, or do you just rest?

Andrew Schorr:

Well, I can answer that one. Let me answer that one. We did a program on Patient Power the other day. It actually was aimed at people with another condition. Multiple myeloma. Nora, you helped me with this. But, generally the research is exercise is good for you, even during treatment.

If you were going through chemo, and I did it. I was jogging, not as far, not as fast, but when I went through the FCR. It is. You gotta get out of bed. It may be you go up and down the stairs, or it may be you go for a walk. Or you may, if you're lucky enough, go on a bike ride. Do something. Nora, isn't that what the research said? Exercise is a good thing overall.

Nora Larson:

I usually will check in with the physicians I'm working with about their opinion with a particular patient and their level of exercise. Then, I do work with folks to determine how are they, what exercise will they do? What will they actually do? We wanna set some actually attainable goals. What will get them out the door to do the exercise? What does that look like for you? I definitely work with folks who set up a plan for what that might look like. I'm always consulting with the physician about...

Andrew Schorr:

...but, Kathryn, I mean, am I right? Exercise is a good thing.

Dr. Kolibaba:

Yes. It's about the only intervention that's been down to improve treatment-related fatigue.

Andrew Schorr:

Even, right, counterintuitive, right? I'm tired. I should take a nap. Maybe along the way, you should, but you can actually help lower fatigue by doing some exercise, right?

Dr. Kolibaba:

Mm-hmm.

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