

Patient Education Video Resources

Videos matched to fatigue level

Fatigue Category	Helpful Videos	Length
Mild	<p>Cancer Fatigue Overview A short Cancer Fatigue Overview video <i>by Doc Mike Evans in collaboration with the Sunnybrook Odette Cancer Centre and Canadian Cancer Society</i></p> <p>https://www.youtube.com/watch?v=YTFPMYGe86s</p>	10min
Moderate	<p>Peter Mac Energy Management Video Cancer related fatigue information and management strategies as discussed <i>by Peter MacCallum Cancer Centre Occupational Therapists</i></p> <p>https://www.youtube.com/watch?v=OUO1JEtFKwI</p>	14min
	<p>What is Cancer Related Fatigue? Introduction to cancer-related fatigue <i>by Alberta Health Services</i></p> <p>https://www.youtube.com/watch?v=Uw6WnSsSB60&t=0s&index=2&list=PLi1tOF1I5ZoUFt61X8KxkCGE4PYI92wNB</p>	8min
	<p>Why do I need to exercise for my fatigue? Hear from real cancer survivors. Exercise and physical activity recommendations <i>by Alberta Health Services</i></p> <p>https://www.youtube.com/watch?v=cZUVhkiPV7Q&list=PLi1tOF1I5ZoUFt61X8KxkCGE4PYI92wNB&index=5</p>	8min
	<p>What should I eat to increase my energy? Nutrition for Cancer Fatigue <i>by University of Michigan Comprehensive Cancer Center</i></p> <p>https://www.youtube.com/watch?v=_sjbGBXJfww</p>	5min
	<p>How did I manage my energy? Pacing for Cancer Fatigue <i>by Alberta Health Services</i></p> <p>https://www.youtube.com/watch?v=EWKdPwwow_kI&list=PLi1tOF1I5ZoUFt61X8KxkCGE4PYI92wNB&index=3</p>	8mins
Severe	<p>9 ways to manage your cancer fatigue <i>by Mayo Clinic</i></p> <p>https://www.youtube.com/watch?v=5zP-lgj9Kao</p>	2mins



Cancer Related Fatigue



Smartphone Apps

Untire – Are you tired of always being tired? Do you miss doing your normal activities and chores? If you suffer from cancer fatigue you are probably mentally and physically exhausted. Untire is a free App that helps you to reduce fatigue and regain life.

Watch the Untire App – Introduction [here](#) <https://www.youtube.com/watch?v=GsrEJS96iC4>