Cancer-related fatigue (CRF) is characterized by excessive and persistent exhaustion that interferes with daily activity and function. CRF often begins before cancer is diagnosed, worsens during the course of treatment and may persist for months—even years—after treatment ends. People with cancer who have chronic fatigue typically feel mentally and physically defeated. Some patients worry that a discussion about their fatigue could distract their doctor or nurse practitioner from treating their cancer. Some patients worry that their fatigue is a sign of disease progression or a recurrence. Patarca-Montero has put together a comprehensive review of all aspects of cancer-related fatigue with extensive literature references. We do not claim that this information is necessarily accurate by the rigid scientific and regulatory standards applied for medical treatment. No warranty, expressed or implied, is furnished with respect to the material contained in this book. The reader is urged to consult with his/her personal physician with respect to the treatment of any medical condition. Cancer-related fatigue may be secondary to a shift in cytokine balance and in the type of predominant immune responses triggered by the cancer itself, its treatment, or other cancer-related processes. Many people with cancer say fatigue is one of the symptoms that impacts them most. Find out more about what research is going on into the causes and treatment of fatigue. More research is needed to find out how much people need to do and how often they should exercise. Low levels of red blood cells (anaemia). The best treatment for fatigue caused by anaemia is to increase your haemoglobin and red blood cell count. Bright light therapy improves cancer-related fatigue in cancer survivors: a randomized controlled trial. Gynecologic Oncology, 2015. Volume 136, Issue 3, Pages 446 - 452.