

## **Managing Fatigue – Help for people diagnosed with or had treatment for and Acoustic Neuroma**

Fatigue is a common and very disabling symptom experienced by many people who have/had an Acoustic Neuroma. It may be a continual sense of mental fatigue or it can happen when a person is trying to do too much and the brain is overloaded, often resulting in fatigue that can last for a number of days.

It is important to avoid fatigue as much as possible, as other problems may worsen, such as:

Poor concentration	Poor balance or coordination
Vision problems	Muscle weakness

Fatigue can occur for no apparent reason or after physical activity, however, it is just as likely to occur after too much mental activity.

Fatigue can be managed with good planning and rest periods, but your support networks must realise fatigue is a very real problem.

Work out what your triggers are and what factors make the symptoms worse, examples are:

Long conversations	Talking in a large group
Large noisy places	Complicated plots in films

Become aware of your first signs of fatigue and stop and rest – overloading your brain may result in several days of extreme tiredness. Make notes of how long it is before your fatigue kicks in when doing an activity; and stop 10 minutes earlier.

### **Managing Fatigue**

**Set priorities** – focus on what needs to be done; let others help you.

**Pace yourself** – give yourself rest periods, make tasks a series of smaller tasks.

**Rest periods** – schedule in rest periods, perhaps a short nap, sitting in a chair doing nothing.

**Look around your environment** – think about where things are and how they are stored best for you.

**Hours** – decide what are your best hours for demanding tasks and do them then.

**Contingency plan** – plan with a family member/friend what to do if you are out and your fatigue kicks in.

Ask for advice, seek support, speak to an occupational therapist who can work with you on an energy conserving plan for you, or talk to your GP.

### **Aim for a Healthy lifestyle**

Sleep well	Exercise regularly	Stay in contact with family and friends
Limit alcohol	Maintain a healthy diet	Learn to control your stress

Other medical conditions or medication you maybe taking may contribute to your fatigue so it is important to rule this out by speaking to your doctor.

Although not medically trained we are happy to answer any questions for you, please contact us at [admin@bana-uk.com](mailto:admin@bana-uk.com) or phone 01246 550011 we are available Monday to Friday 10am – 3pm

***NOTE: This Help Sheet is for information only and should not be a substitute for medical advice. Please seek assistance from your medical support team to understand and manage your fatigue.***