

Fatigue

Fatigue is a very common complaint. When present, it is imperative to have a complete evaluation and physical exam by your doctor to rule out any underlying medical problems. Yet seldom is it caused by a single obvious condition. It is almost always caused by a combination of a few or even several different things. Following is a list of potential contributing factors. You should put a check mark by each one that applies to you, and then try to address each factor one by one, until you begin to feel better. A large contributing factor to many cases of fatigue is an unhealthy lifestyle, so the more you can eat healthily, get a decent amount of exercise, work towards a normal weight, get adequate rest, and reduce stress, the better. It is also helpful to take a daily multivitamin.

Here is a list, by no means complete, of many potential causes of fatigue:

- Increasing age
- Allergies
- Deconditioning (not exercising)
- Poor sleeping habits (quantity *and/or* quality)
- Estrogen or testosterone deficiency
- Obesity
- Heart disease
- Anemia
- Thyroid disease
- Depression
- Anxiety
- Stress
- Autoimmune diseases
- Vitamin deficiencies
- Infections (including mononucleosis & viral syndrome)
- Cancer
- Calorie deficiency (crash diets)
- Kids
- Medicines
- Fibromyalgia
- Chronic fatigue syndrome
- Pregnancy
- “Relative hypoglycemia” (symptoms of low sugar without it being truly low)