

Tired All The Time: Persistent Fatigue And Healthcare

NATIONAL CANCER INSTITUTE

Fatigue

is the most common symptom experienced by adults and children with cancer.

Almost every cancer patient reports some fatigue.

Length and depth of sleep may not relieve fatigue.

Cancer patients can experience mental fatigue as well as physical fatigue.

NCI-supported studies of exercise, including yoga, have shown that activity reduces symptoms of fatigue for some cancer patients.

Fatigue related to cancer and its treatment is often not relieved by rest.

NCI supports research to measure, understand, and treat fatigue in cancer patients.

prevention.cancer.gov/supportive-care
NCI Division of Cancer Prevention

Are You Tired All The Time?

If you're constantly feeling tired, even after a good night's sleep, you're not alone. Fatigue is one of the most common symptoms of chronic health

conditions, and it can have a significant impact on your quality of life.



“Tired all the Time”: Persistent Fatigue and Healthcare

by Marie Thomas

★★★★★ 5 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 103 pages



There are many different causes of fatigue, including:

* Anemia * Diabetes * Heart disease * Kidney disease * Liver disease *
Thyroid problems * Sleep disorders * Mental health conditions *
Medications

If you're experiencing persistent fatigue, it's important to see your doctor to rule out any underlying medical conditions. Once any medical causes have been ruled out, you can start to explore other possible causes of your fatigue, such as stress, lifestyle factors, or nutritional deficiencies.

What Can You Do To Fight Fatigue?

There are a number of things you can do to fight fatigue, including:

* Getting enough sleep * Eating a healthy diet * Exercising regularly *
Managing stress * Avoiding caffeine and alcohol * Getting regular checkups

If you're still experiencing fatigue after making these lifestyle changes, your doctor may recommend medication or other treatments to help you manage your symptoms.

How Healthcare Can Help

Healthcare providers can play an important role in helping you manage fatigue. Your doctor can help you:

- * Rule out any underlying medical conditions
- * Develop a treatment plan to manage your fatigue
- * Provide support and resources

If you're tired all the time, don't suffer in silence. Talk to your doctor about your symptoms. There is help available, and you don't have to go through this alone.

Additional Resources

* The National Institute of Health's website on fatigue:

<https://www.nichd.nih.gov/health/topics/fatigue/conditioninfo/Pages/default.a>

* The American Academy of Sleep Medicine's website on fatigue:

<https://www.aasm.org/resources/factsheets/fatigue>

* The Mayo Clinic's website on fatigue:

<https://www.mayoclinic.org/diseases-conditions/fatigue/symptoms-causes/syc-20354258>



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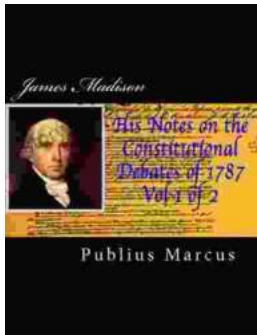
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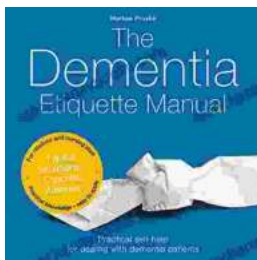
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