

NOVEMBER 2014

HEALTH TALK

FATIGUE: CAUSES AND REMEDIES

Fatigue is mental or physical exhaustion i.e. extreme tiredness or weariness resulting from physical or mental activity.

1. Not observing enough Sleep

Adult should get 7-8hrs every night.

- ✓ Make sleep a priority and keep a regular schedule. Ban laptops, call phones and TV from your bedroom.

2. Sleep Apnea (Temporary cessation of breathing during sleep)

Each interruption wakes you for a moment, but you may not be aware of it, you are sleep deprived despite spending 8 hours in bed.

- ✓ Lose weight if you are overweight, quit smoking.

3. Not eating enough Food

Eating too little causes fatigue, but eating the wrong food can also be a problem. Eating a balanced diet should keep your blood sugar in a normal range and prevent that sluggish feeling when your blood sugar drops.

- ✓ Always eat breakfast and try to include protein and complex carbohydrate (fibre) e.g. oats.

4. Anaemia (reduced blood level)

Anaemia is one of the leading causes of fatigue especially in women.

- ✓ Eat lean meat, liver, beans, cereal.

5. Depression

Depression is not only an emotional disorder, but it contributes to so many physical symptoms as well. Fatigue, headache, and loss of appetite are among the most common symptoms.

- ✓ Depression responds well to psychotherapy.

6. Hypothyroidism

The thyroid is a small gland at the base of the neck. It controls your metabolism, the speed at which your body converts fuel into energy.

When the gland is underactive and the metabolism functions too slowly, you may feel sluggish and put on more weight.

- ✓ If a blood test confirms your thyroids hormones are low, synthetic hormones can bring you to speed.

7. Caffeine overload

Caffeine can improve alertness and concentration in moderate doses. But too much can increase heart rate, blood pressure and jitteriness. Too much can also cause fatigue.

- ✓ Gradually cut back on coffee, tea, chocolate, soft drinks and any medication that contains caffeine. Stopping suddenly can cause caffeine withdrawal symptom and more fatigue.

Fast Fix for Mild Fatigue

- If you have mild fatigue that isn't liked, the solution may be exercise.
- Healthy but tired adult can get a significant energy boost from a modest workout program.

(To be continued next month)

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