



Battling Fatigue and Pain

by NEWLIFEOUTLOOK TEAM

Connecting Fatigue and Pain

One major contributor to fatigue in chronic pain is sleep quality. When you're in pain, it's impossible to get comfortable. You can help by keeping a regular sleep schedule, keeping your room dark and quiet, and the comfort of your mattress and pillow might even help. Try out mattresses in a store to see if there's one that feels very gentle against your body. You should also choose a pillow for the way you find you sleep the best. You should be sleeping on your side or back, since sleeping on your stomach can cause other issues.

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THE FACTS ABOUT FATIGUE



Some Conditions with fatigue as a symptom

Medications	Fibromyalgia
Pain	Lupus
Sleep Disorders	Multiple Sclerosis
Substance Abuse	Anemia
Anorexia	Asthma
Arthritis	Depression
Cancer	Parkinson's Disease
Diabetes	COPD
Chronic Fatigue Syndrome	



With Fatigue You May Feel

Tired Weak Exhausted Weary	Worn-Out Heavy Slow Lethargic
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What is Fatigue?

Fatigue is:
Lack of Motivation
Lack of Energy
Wearing Out Easily
Real

Fatigue isn't:[®]
Lack of Passion
Laziness
Just Being Tired
Fake or Imagined

Fatigue Can Affect:

• Your mood	• Cognitive performance
• Physical function	• School work
• Work performance	• Community activities
• Social interaction	• Sense of self
• Family care	• Your appetite




Measuring Fatigue

The **Fatigue Severity Scale (FSS)** is a self-reported questionnaire used to measure your fatigue. It consists of ...

NINE Questions, each rated on a scale of 1-7

To score the Fatigue Severity Scale either add all items together (this will range from 9-63) or find the mean by adding your items together and dividing by 9 (this will range from 1-9).

In either case, the **higher the number you calculate is, the more fatigued you are.**

Tips for Reducing Fatigue

- Quantity & Quality of Sleep**
 - ✓ Have a regular bed time and wake up time
 - ✓ Line your bed just for sleeping
 - ✓ Do quiet activities if you're not sleepy
 - ✓ Room should be dark and quiet
- Proper Nutrition**
 - ✓ Get daily value of vitamin and minerals
 - ✓ Find out about proper nutrition at choosemyplate.gov
 - ✓ Contact your doctor or a nutritionist/dietitian so you can get the most out of what you eat
- Regular Exercise**
 - ✓ Choose an enjoyable exercise
 - ✓ Do what you can and then try doing a little bit more each day
 - ✓ Try tai chi and yoga to combine stretching, breathing, and calming exercises
- Relaxation**
 - ✓ Avoid stress or stressful situations
 - ✓ Do what you find relaxing: read a book, do yoga, sit outside, listen to music, etc.
- Balance Work and Personal Life**
 - ✓ Spend your time off work with family, friends, or doing preferred activities
 - ✓ Limit the amount of work you bring home with you
- Avoid Drug Use**
 - ✓ Avoid stimulants including: coffee, nicotine, methamphetamines, cocaine
 - ✓ Avoid sedatives

© National Parkinson Foundation
<http://www.parkinson.org/NationalParkinsonFoundation/About/Healthcare/What%20does%20fatigue.pdf>
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<http://www.nih.gov/medlineplus/ency/section/000160.htm>
 © Mayo Clinic
<http://www.mayoclinic.org/symptoms/fatigue/basics/definition/20016010?from=results>
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<http://www.cancer.gov/acs/pressroom/2009/09/09fatigue/09fatigue.pdf>
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<http://www.choosemyplate.gov/>
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<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2599974/pdf/>

Resources:

1. Canadian Centre for Occupational Health and Safety
<http://www.ccohs.ca/>
2. National Cancer Institute
<http://www.cancer.gov/>
3. National Library of Medicine
<http://www.ncbi.nlm.nih.gov/>
4. National Parkinson Foundation
<http://www.parkinson.org/>
5. United States Department of Agriculture
<http://www.choosemyplate.gov/>

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