



## Lupus and Fatigue

by NEWLIFEOUTLOOK TEAM

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### The Wolf and the Sheep

The immunosuppressive drugs you are on should help you to feel less fatigued but the side effects of other drugs may allow fatigue to persist. Find out when you're capable of performing energizing activities by creating a daily checklist to find out when you're at your best. During these times, you should engage in exercise, which should eventually help to improve the fatigue that you experience. If you still experience fatigue, you might want to consider going to a sleep clinic to see if you're having any issues sleeping during the night. It could be your mattress or it could be that the drugs you were prescribed wear off during the night, causing your symptoms to increase.




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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:<sup>®</sup>**  
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 1-7).

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
  - ✓ Use 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](http://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

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<http://www.parkinson.org/NationalParkinsonFoundation/About/Healthcare/What%20does%20fatigue.pdf>  
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<http://www.nih.gov/medlineplus/ency/section/2048.htm>  
 © Mayo Clinic  
<http://www.mayoclinic.org/symptoms/fatigue/basics/definition/20482048.aspx?from=related>  
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[http://www.aannc.org/Portals/0/Files/2012/04/20120404\\_nnaann\\_fatigue.pdf](http://www.aannc.org/Portals/0/Files/2012/04/20120404_nnaann_fatigue.pdf)  
 © National Library of Medicine  
<http://www.ncbi.nlm.nih.gov/>  
 © National Parkinson Foundation  
<http://www.parkinson.org/NationalParkinsonFoundation/About/Healthcare/What%20does%20fatigue.pdf>  
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<http://www.ccohs.ca/osh/safety/fatigue/fatigue.html>  
 © National Cancer Institute  
<http://www.cancer.gov/aboutnci/press/2009/09/29/090929fatigue.html>  
 © National Library of Medicine  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1450000/pdf/ncp040000.pdf>  
 © United States Department of Agriculture  
<http://www.choosemyplate.gov/>  
 © National Library of Medicine  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2559999/fatigue/Fatigue%20Patient%20Journal.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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