



Lupus and Fatigue

by NEWLIFEOUTLOOK TEAM

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.

Tired
Weak
Exhausted
Weary

Worn-Out
Heavy
Slow
Lethargic

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Lack of Motivation
Lack of Energy
Wearing Out Easily
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- Laziness
- Just Being Tired
- Fake or Imagined

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- ✓ Your mood
- ✓ Physical function
- ✓ Work performance
- ✓ Social interaction
- ✓ Family care
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The **Fatigue Severity Scale (FSS)** is a self-reported questionnaire used to measure your fatigue. It consists of

NINE

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Questions,
each rated on a scale of

To score the Fatigue Severity Scale, either **add all items** together (this will range from 7-63) 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.

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.nlm.nih.gov/>
4. National Parkinson's Foundation
<http://www.parkinson.org/>
5. United States Department of Agriculture