



The Rheumatoid Fatigue

by NEWLIFEOUTLOOK TEAM

Rheumatoid Arthritis Fatigue Facts

With rheumatoid arthritis, you can still balance everything happening in your life and keeping up with it. You should get some extra help around the house, especially with anything that affects your joints, such as washing the dishes or the windows. You should also see what support your workplace can offer you. You might be able to work from home and telecommute to meetings or other events that you need to be a part of in order to keep up with how the business is progressing and actions that you need to take.



Some Conditions with fatigue as a symptom

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

Tired	Worn-Out
Weak	Heavy
Exhausted	Slow
Weary	Lethargic

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
- Physical function
- Work performance
- Social interaction
- Family care
- Cognitive performance
- School work
- Community activities
- Sense of self
- 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 4-5) or find the mean by adding your items together and dividing by 9 (this will range from 1-5)

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

- **1**
Quantity & Quality of Sleep
 - ✓ Have a regular bed time and wake up time
 - ✓ Only get out for sleeping
 - ✓ Do quiet activities if you're not sleepy
 - ✓ Room should be dark and quiet
- **2**
Proper NutritionSM
 - ✓ Get daily value of vitamins and minerals
 - ✓ Find out about proper nutrition at choonutritionguide.gov
 - ✓ Contact your doctor or a nutritionist/dietitian so you can get the most out of what you eat
- **3**
Regular Exercise
 - ✓ Choose an enjoyable exercise
 - ✓ Do what you can and then try doing a little bit more each day
 - ✓ Try to do this every day to combine stretching, breathing, and relaxing exercises
- **4**
Relaxation
 - ✓ Avoid stress or stressful situations
 - ✓ Do what you find relaxing: read a book, do yoga, sit outside, listen to music, etc.
- **5**
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
- **6**
Avoid Drug Use
 - ✓ Avoid substances including: coffee, nicotine, marijuana, alcohol, cocaine
 - ✓ Avoid sedatives

[illegible]

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