



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.

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THE FACTS ABOUT FATIGUE



Some Conditions ^{1,2,3} with fatigue as a symptom

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

With Fatigue You May Feel

Tired
Weak
Exhausted
Weary

Worn-Out
Heavy
Slow
Lethargic



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
- 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 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



1 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



2 Proper Nutrition⁴

- ✓ 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



3 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



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 stimulants including: coffee, nicotine, methamphetamines, cocaine
- ✓ Avoid sedatives

¹ National Parkinson Foundation
<http://www.parkinson.org/NationalParkinsonFoundation/About/Healthcare/What%20does%20fatigue.pdf>

² National Institutes of Health
<http://www.nlm.nih.gov/medlineplus/ency/section/349348.htm>

³ Mayo Clinic
<http://www.mayoclinic.org/symptoms/fatigue/basics/definition/diagnosis/section/symptoms>

⁴ National Cancer Institute and National Human Association
<http://www.cancer.gov/foodandnutrition/section/foodandnutritionfatigue.pdf>

⁵ National Library of Medicine
<http://www.ncbi.nlm.nih.gov/>

⁶ National Parkinson's Foundation
<http://www.parkinson.org/NationalParkinsonFoundation/About/Healthcare/What%20does%20fatigue.pdf>

⁷ Canadian Centre for Occupational Health and Safety
<http://www.ccohs.ca/osh/safety/fatigue/fatigue.html>

⁸ National Cancer Institute
<http://www.cancer.gov/aboutnci/aboutnci/press/pressreleases/fatigue/fatigue/pressrelease.pdf>

⁹ National Library of Medicine
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2745041/pdf/ncp00481n.pdf>

¹⁰ United States Department of Agriculture
<http://www.choosemyplate.gov/>

¹¹ National Library of Medicine
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2745041/pdf/ncp00481n.pdf>

Resources:

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

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