



Why Am I So Tired?

For some of us the problem is simply multi-tasking to the max and not getting enough sleep, or good quality sleep. If you're continually getting just 5 or 6 hours a night, it's going to catch up with you. But if you are getting a healthy 7 to 8 hours a night and you're still tired, it's time for a check-up to uncover the causes for fatigue. To help you zero in on why you can't stop yawning, here are 7 hidden causes of fatigue -- potential health problems you should discuss with your doctor.

Fatigue Cause # 1: Anemia

If you are in your reproductive years, and particularly if you experience heavy menstrual cycles, have fibroid tumors or uterine polyps, or if you've recently given birth, the blood loss may have caused you to develop anemia. Other causes of anemia include internal bleeding, or a deficiency of iron, folic acid, or vitamin B12. Anemia may also be caused by chronic diseases like kidney disease, for example. Symptoms can include dizziness, feeling cold, and irritability.

Fatigue Cause # 2: Underactive thyroid (hypothyroidism)

If you are generally sluggish, run down, and even a little depressed, the problem may be a slow thyroid, also known as hypothyroidism. The thyroid is a small, butterfly shaped gland that sits at the base of your neck and controls your metabolism, the speed at which your body operates.

Fatigue Cause # 3: Undiagnosed Urinary Tract Infection (UTI)

Although most women associate a urinary tract infection with symptoms such as burning or urgency, Goldberg says in some instances fatigue may be your only clue.

Fatigue Cause # 4: Caffeine Overload

Many of us grab a coffee or cola for a quick burst of energy, but for some women, caffeine can have the opposite effect. The solution: Eliminate as much caffeine from your diet as possible. This means not only cutting out coffee but chocolate, tea and soda.

Fatigue Cause # 5: Food Intolerances

While food is supposed to give us energy, some doctors believe hidden food intolerances can do the opposite. Eat the offending food long enough and you could find yourself feeling continually exhausted.

Fatigue Cause # 6: Sleep Apnea

If you're not getting enough sleep, it stands to reason you'll be tired. But what if you don't know that you aren't getting sufficient sleep? This is often the case with a condition called sleep apnea -- a sleep disorder that causes you to momentarily stop breathing, often many times during the night. Each time you stop breathing, you awaken just long enough to disrupt your sleep cycle, usually without being aware of it. Your only clue, is that you experience constant fatigue no matter how many hours you sleep each night.

Fatigue Cause # 7: Undiagnosed Heart Disease

If you find yourself becoming exhausted after activity that used to be easy, it may be time to talk to your doctor about the possibility of heart disease. When overwhelming fatigue sets in after ordinary tasks -- such as vacuuming the house, doing yard work, or commuting from work each day -- your heart may be sending out an SOS that it needs medical attention.

**If you would like more information, please contact
Med-Cert, Inc. at 866-633-2378 (toll free) or at www.medcertinc.com**



MED-CERT
Medical Management Resources
Guiding your way to better health management