

TIRED OF BEING TIRED?

Fatigue can be a normal and important response to physical exertion, emotional stress, boredom, or lack of sleep. However, it can also be a nonspecific sign of a more serious psychological or physical disorder. When fatigue is not relieved by enough sleep, good nutrition, or a low-stress environment, it should be evaluated by your doctor

Tips for reducing fatigue:

- Get adequate, regular, and consistent amounts of sleep each night.
- Eat a healthy, well-balanced diet and drink plenty of water throughout the day.
- Exercise regularly.
- Learn better ways to relax. Try yoga or meditation.
- Maintain a reasonable work and personal schedule.
- Change your stressful circumstances, if possible. For example, switch jobs, take a vacation, and deal directly with problems in a relationship.
- Take a multivitamin. Talk to your doctor about what is best for you.
- Avoid alcohol, nicotine, and drug use.

Stimulants (including caffeine) are NOT effective treatments for fatigue, and can actually make the problem worse when the drugs are stopped. Sedatives also tend to worsen fatigue in the long run.

Call your doctor right away if:

- You are confused or dizzy.
- You have blurred vision.
- You have little to no urine, or recent swelling and weight gain.
- You have ongoing, unexplained weakness or fatigue, especially if accompanied by fever or unintentional weight loss.
- You have constipation, dry skin, weight gain, or intolerance to cold.
- You wake up and fall back to sleep multiple times through the night.
- You have headaches.
- You are taking any medications, prescription or non-prescription, or using drugs that may cause fatigue or drowsiness.
- You feel sad or depressed.
- You have insomnia .

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



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