



## Fatigue's Impact on OA

by NEWLIFEOUTLOOK TEAM

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### Your Energy with Osteoarthritis

Frequently, patients will report their osteoarthritis fatigue gets worse with pain, medications, weather, and sleep patterns. Take frequent rests throughout the day. You don't have to sleep but take time away from an activity that's causing you fatigue to rest. Also, try to find someone else to do an activity with, including your spouse, a child, or maybe you and someone you met with osteoarthritis could help each other out once in a while. The big take away is that whenever you start to feel yourself come up to a brick wall, stop doing what you're doing and do something that you find helps to ease your joints.

