



Fatigue's Impact on OA

by NEWLIFEOUTLOOK TEAM

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.



Some Conditions with fatigue as a symptom

Medications	Fibromyalgia
Pain	Lupus
Sleep Disorders	Multiple Sclerosis
Substance Abuse	Anemia
Anxiety	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

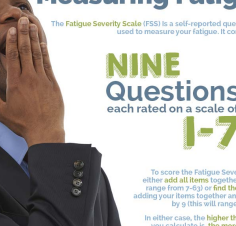
Fatigue isn't:

- 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
- Troust 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 7-63) or find the mean by adding your items together and dividing by 9 (this will range from 1-7)

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

Tips for Reducing Fatigue

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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
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Proper Nutrition

 - ✓ Get daily value of vitamins and minerals
 - ✓ Find out about proper nutrition at choicemyplate.gov
 - ✓ Contact your doctor or a nutritionist/dietitian so you can get the most out of what you eat
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Regular Exercise

 - ✓ Choose an enjoyable exercise
 - ✓ Do what you can and then try by doing a little bit more each day
 - ✓ Try tai chi and yoga to combine stretching, breathing, and calming exercises
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Relaxation

 - ✓ Avoid stress or stressful situations
 - ✓ Do what you find relaxing: read a book, do yoga, sit outside, listen to music, etc.
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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
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Avoid Drug Use

 - ✓ Avoid stimulants including coffee, nicotine, methylphenidate, cocaine
 - ✓ Avoid sedatives

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