

Fatigue

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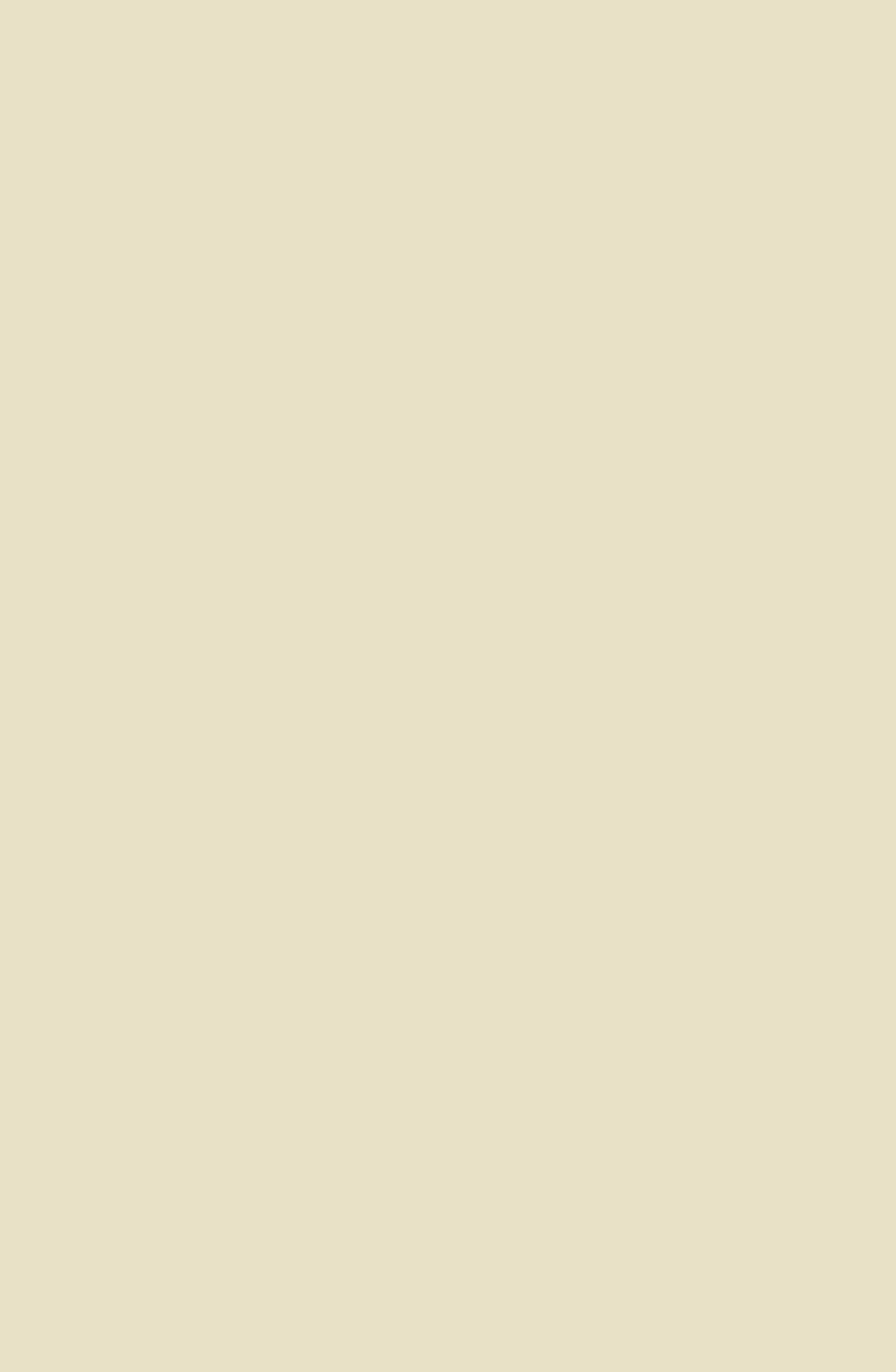
Arthritis and Pain Associates PG County, Greenbelt, MD

www.arthritispainpg.com : 301-345-5600

Associate Professor of Medicine

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Exhausted



Exhausted

**“Can’t do the things
I enjoy and want to do!**

Help!”



Exhausted

Stopped enjoyable things

Low concentration



Exhausted

Stopped enjoyable things

Low concentration

Can't sleep



Exhausted

Stopped enjoyable things

Low concentration

Can't sleep

20 pounds weight gain



Requests:

Sleeping pill

Weight loss pill

Energy vitamins



This is Sjögren's...

Neurological problems, concentration/memory-loss, dysautonomia, headaches

Dry nose, recurrent sinusitis, nose bleeds

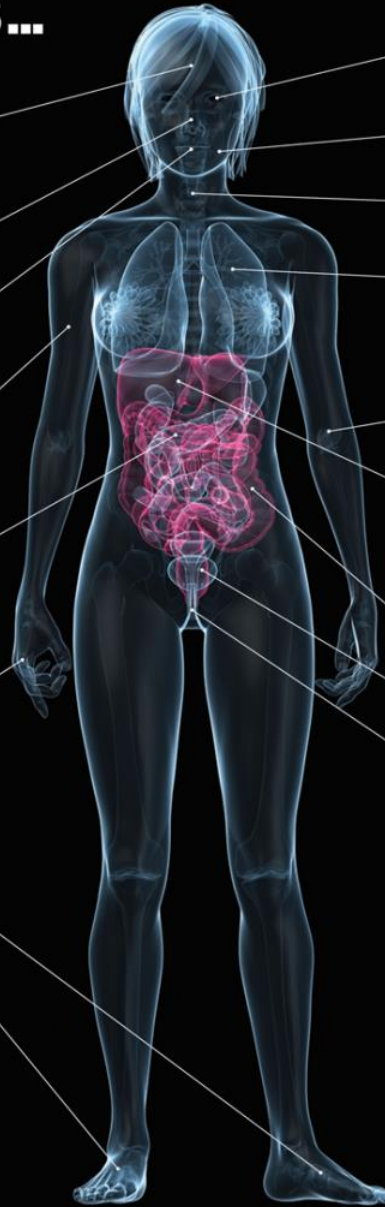
Dry mouth, mouth sores, dental decay, difficulty with chewing, speech, taste and dentures

Fatigue, vasculitis, lymphoma, dry skin

Stomach upset, gastroparesis, autoimmune pancreatitis

Peripheral neuropathy, Raynaud's

Sjögren's ("SHOW-grins") is a systemic autoimmune disease that affects the entire body. Along with symptoms of extensive dryness, other serious complications include profound fatigue, chronic pain, major organ involvement, neuropathies and lymphomas.



Dry eyes, corneal ulcerations and infections

Swollen, painful parotid/salivary glands

Difficulty swallowing, heartburn, reflux, esophagitis

Recurrent bronchitis, interstitial lung disease, pneumonia

Arthritis, muscle pain

Abnormal liver function tests, chronic active autoimmune hepatitis, primary biliary cholangitis

Irritable bowel, autoimmune gastrointestinal dysmotility

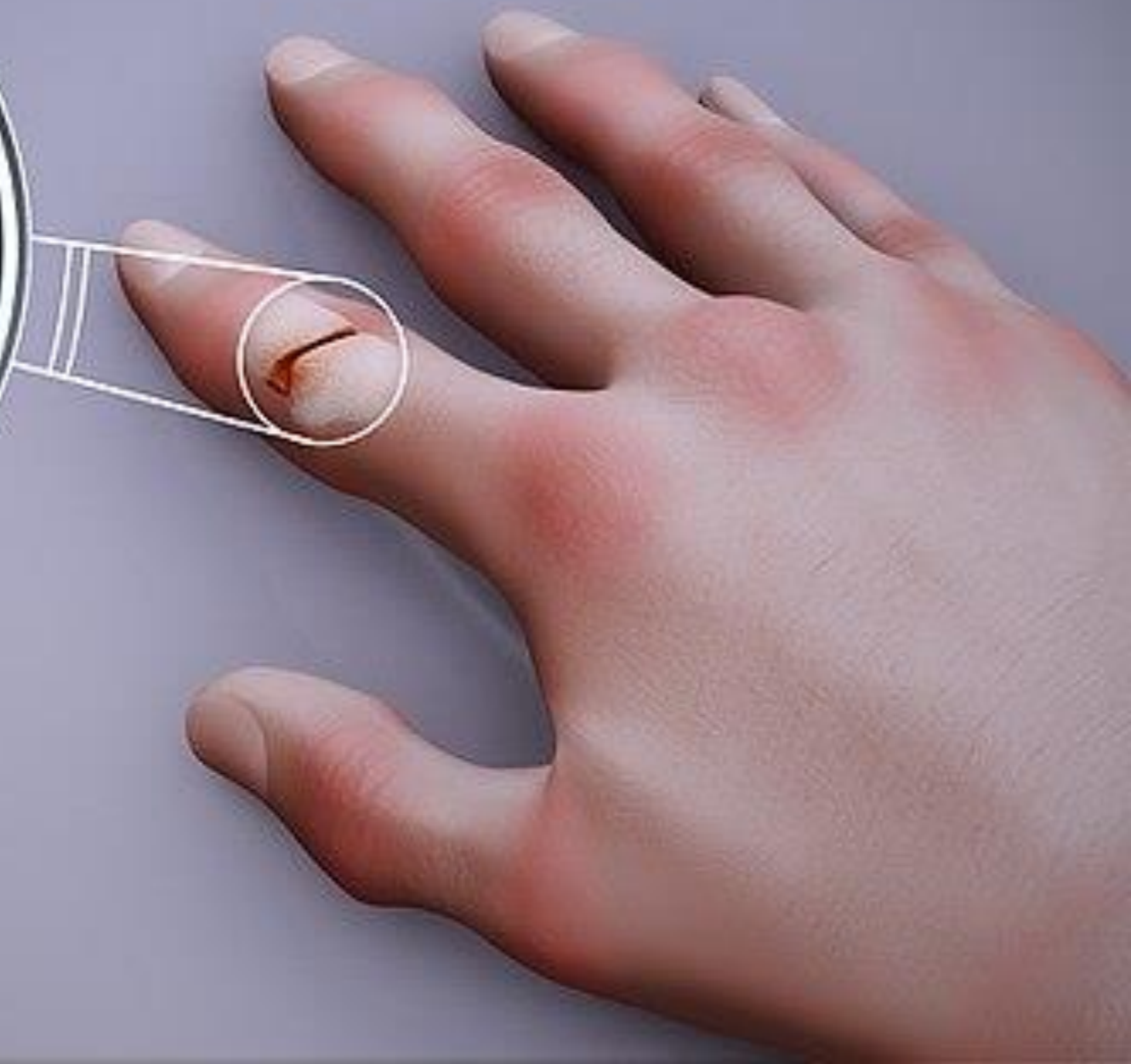
Interstitial cystitis

Vaginal dryness, vulvodynia (women)/ chronic prostatitis (men)













Inflammation Labs

Sed rate (ESR)

C-reactive protein (CRP)

Gammaglobulins

Anti-dsDNA

Inflammation Labs

Sed rate (ESR)

C-reactive protein (CRP)

Gammaglobulins

Anti-dsDNA

Low complement levels (C3, C4)

Organ Inflammation Labs

Liver Function Tests (LFTs)

Muscle enzymes

Increased protein in urine

Anemia of inflammation

Low white blood cell count

Low platelet count

Other Sjogren's organ problems

Interstitial lung disease

Primary biliary cholangitis (previously cirrhosis)



Rituximab

See prescribing information for
reconstitution, dilution, and
dosage information.

Benlysta[®]
(belimumab)
For Injection

400 mg/vial

For Intravenous Infusion after dilution only
Single-use vial; Discard unused portion

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(belimumab)
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For Intravenous Infusion
Single-use vial; Discard unused portion

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GlaxoSmithKline

GlaxoSmithKline

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Sjogrens.org



Dysautonomia

Autonomic dysfunction

Dysautonomia
Autonomic dysfunction

POTS

POTS

Postural orthostatic tachycardia syndrome

POTS

Fatigue

Weak

Dizzy

Lightheaded

Heart palpitations



10 minutes: If HR increases ≥ 30 bpm but no decrease in BP

POTS?

POTS Treatments

Exercise

Drink lots of fluids

Avoid inactivity

POTS Treatments

Exercise

Drink lots of fluids

Avoid inactivity

Medicines



Exercise

as important for **Living**

as **Eating**

& Sleeping

How do you motivate yourself to exercise?

Share in the Chat Box 

DYSAUTONOMIA INTERNATIONAL



AWARENESS



ADVOCACY



ADVANCEMENT

Treatable

Blood counts

Thyroid

Vitamin B12

Vitamin D

Celiac disease

Hepatitis C



Treatable

Blood counts

Thyroid

Vitamin B12

Vitamin D

Celiac disease

Hepatitis C



Treatable

Blood counts

Thyroid

Vitamin B12

Vitamin D

Celiac disease

Hepatitis C



Treatable

Blood counts

Thyroid

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Vitamin D

Celiac disease

Hepatitis C



Treatable

Blood counts

Thyroid

Vitamin B12

Vitamin D

Celiac disease

Hepatitis C



Treatable

Blood counts

Thyroid

Vitamin B12

Vitamin D

Celiac disease

Hepatitis C





Drugs that cause fatigue

Alcohol

Pain medicines

Antidepressants

Blood pressure medicines (beta-blockers, diuretics)

Proton pump inhibitors (such as pantoprazole)

Anti-anxiety pills

Sleeping pills

Muscle relaxants

Antihistamines

Statins

Antibiotics

Anti-psychotics

Fatigue: most common causes

Insomnia with poor sleep hygiene

Obstructive Sleep Apnea

Depression

Anxiety Disorder

Fibromyalgia

Fatigue: most common causes

Insomnia with poor sleep hygiene

Depression

Rx

Exercise

Sleep hygiene

Healthy Diet

Weight loss

Rx

Exercise

Sleep hygiene

Healthy Diet

Weight loss

Meds?: Paxil





CRESTA

Fatigue

Clinic

NHS

England

CRESTA Fatigue Clinic Method

Pain management

Exercise

Pilates

Sleep hygiene

Energy management

Stress reduction

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Pain management

Exercise

Pilates

Sleep hygiene

Energy management

Stress reduction

Join their Facebook

CRESTA Fatigue Clinic Health Champions



150

minutes/week

Moderate aerobic exercise

Exercise

as important for **Living**

as **Eating**

& Sleeping



