Fatigue

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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...

- 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 cirrhosis
- Irritable bowel, autoimmune gastrointestinal dysmotility
- Interstitial cystitis
- Vaginal dryness, vulvodynia (women) / chronic prostatitis (men)

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.

www.sjogrens.org
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)
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
Blood counts

Thyroid
Vitamin B12
Vitamin D
Celiac disease
Hepatitis C
Blood counts

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Vitamin D
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Treatable

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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
Exercise
Sleep hygiene
Healthy Diet
Weight loss
Rx

Exercise
Sleep hygiene
Healthy Diet
Weight loss

Meds?: Paxil
CRESTA Fatigue Clinic Method

Pain management
Exercise
Pilates
Sleep hygiene
Energy management
Stress reduction
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Stress reduction
Join their Facebook

CRESTA Fatigue Clinic Health Champions
150 minutes/week

Moderate aerobic exercise
Exercise as important for Living as Eating & Sleeping