

Fatigue

For most people, eight hours of sleep are all they need to feel refreshed and ready to tackle the day when they wake up in the morning. Other patients can spend 12 to 14 hours in bed and still feel completely drained when awake. When fatigue sets in, it can be difficult to even feed and bathe yourself. Taking care of a family or keeping a challenging job could become downright impossible. Seek treatment in New Haven to reverse your fatigue before it interrupts your routine and changes your life.

What is Fatigue?

Hard work should leave you tired and ready to rest. However, chronic fatigue is slightly different from the feelings of tiredness that set in at the end of a long day. Fatigue is more of a general and pervasive lack of energy rather than the acute need for rest you experience after completing a challenge. Patients struggling with fatigue often lack the energy to even get started on tasks and projects. Simple tasks like moving around the office or taking care of children can leave them ready for a day long nap.

Fatigue Symptoms

Fatigue can appear as a singular symptom if you are simply having a hard time sleeping or stressed out by work. However, Chronic Fatigue Syndrome is associated with symptoms like:

- Memory loss or mental foginess
- Chronic pain in the joints or diffuse aching throughout the body
- Depression and anxiety
- Increased fatigue and pain during or after exertion
- A lack of restfulness regardless of the amount of sleep
- Headaches or migraines

Fatigue on its own may simply be a symptom of a deeper illness or just a minor deficiency. You may only need to change your lifestyle or improve your diet to start feeling full of energy again.

Cause of Fatigue

Nearly any kind of major injury, illness, or infection can lead to fatigue. This lack of energy should go away as the underlying cause is eliminated. However, some forms of tiredness

are chronic and must be managed with routine care. Your weakness and fatigue may be linked to:

- Infections like Lyme disease and AIDS/HIV
- Chronic Fatigue Syndrome
- Thyroid issues
- Electrolyte imbalances and dehydration
- Nutrient deficiencies like anemia
- Cold or flu
- Excessive work or stress combined with a lack of relaxation
- Heart problems
- Kidney disease
- Depression and other mental health conditions
- Abuse of over the counter, prescription, or illegal drugs

Fatigue Risks

Ignoring fatigue that worsens with time could lead to life-threatening conditions if your symptoms are linked to a systemic infection or organ failure. If you want to avoid general fatigue that isn't linked to a specific cause, watch out for risky behaviors like:

- Relying on caffeine to make up for a lack of sleep
- Overworking and not taking time off for rest
- Stressing out over work or family issues
- Drinking too much on a daily basis

Fatigue Treatment Options

There is no magic cure for fatigue that will work for everyone. However, if you are patient and willing to try a variety of treatments, you are sure to find something that helps you enjoy more energy. We provide our New Haven patients with treatments like:

- Testing for food or environmental sensitivities that can cause fatigue.
- Supplementation and diet plans to fix nutrient deficiencies

- Exercises and stretching to release muscle tension and pain that drains your energy
- Adjustments and spinal care from the chiropractor

Restore Healthy Energy Levels And Reduce Fatigue

If vigorous exercise or the stresses of work are making it hard for you to feel rested, consider seeking treatment even when your fatigue is temporary. A relaxing massage could restore your energy after an illness or period of depression wipes you out. Keep your life running smoothly and according to plan by tackling symptoms like chronic pain, insomnia, and fatigue as soon as they appear. Our medical team will provide help no matter the cause.

Call now for a FREE Consultation (260) 493-6565). Consultations can be done online, via the phone, or in person.