



# Your Diabetic Fatigue

by NEWLIFEOUTLOOK TEAM

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## Combating Diabetic Fatigue


There can be a bit of a cycle with diabetes and fatigue. If you're not active, that can lead to inconsistent sleep habits, both of which can cause fatigue. Fatigue will also make it less likely that you feel you can even exercise. There are some exercises that you can do in bed, including stretching exercises.

Once you stretch, you may feel that you can get up and do a bit of walking or some resistance exercises. You should monitor your blood glucose during exercise and keep it within a normal range.

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# THE FACTS ABOUT FATIGUE




**Some Conditions<sup>1,2,3</sup> with fatigue as a symptom**

- Medications
- Pain
- Sleep Disorders
- Substance Abuse
- Anorexia
- Arthritis
- Cancer
- Diabetes
- Chronic Fatigue Syndrome
- Fibromyalgia
- Lupus
- Multiple Sclerosis
- Anemia
- Asthma
- Depression
- Parkinson's Disease
- COPD

**With Fatigue You May Feel**

Tired  
Weak  
Exhausted  
Weary

Worn-Out  
Heavy  
Slow  
Lethargic




## What is Fatigue?

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

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

## Tips for Reducing Fatigue

**1 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

**2 Proper Nutrition<sup>4</sup>**

- ✓ Get daily value of vitamin and minerals
- ✓ Find out about proper nutrition at [choosemyplate.gov](http://choosemyplate.gov)
- ✓ Contact your doctor or a nutritionist/dietitian so you can get the most out of what you eat

**3 Regular Exercise**

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

**4 Relaxation**

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

**5 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

**6 Avoid Drug Use**

- ✓ Avoid stimulants including: coffee, nicotine, methamphetamines, cocaine
- ✓ Avoid sedatives

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<http://www.parkinson.org/NationalParkinsonFoundation/About/Healthcare/What%20does%20fatigue.pdf>  
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<http://www.nih.gov/medlineplus/ency/article/003616.htm>  
 © Mayo Clinic  
<http://www.mayoclinic.org/symptoms/fatigue/basics/definition/20002004?from=results>  
 © National Cancer Institute  
<http://www.cancer.gov/acs/pressroom/2014/04/20140401a>  
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<http://www.parkinson.org/NationalParkinsonFoundation/About/Healthcare/What%20does%20fatigue.pdf>  
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<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3899999/pdf/ncp000001.pdf>

**Resources:**

1. Canadian Centre for Occupational Health and Safety  
<http://www.ccohs.ca/>
2. National Cancer Institute  
<http://www.nccih.nih.gov/>
3. National Library of Medicine  
<http://www.ncbi.nlm.nih.gov/>
4. National Parkinson Foundation  
<http://www.parkinson.org/>
5. United States Department of Agriculture  
<http://www.choosemyplate.gov/>

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