Is Fatigue Common in Asthma?

by NEWLIFEOUTLOOK TEAM

The Battle Against Fatigue

Airway obstruction limits the amount of air that is able to get into your system and get to the muscles that need it, which can cause the fatigue in your asthma. Avoiding triggers of asthma will help to keep your airways clear. Keep a tracker on your phone that you can easily record any situation you’re in that you experience your asthma. If your asthma is exercise-induced, you should build up your resiliency to exercise over time and use your inhaler, since this may help you to improve your endurance and strength.
THE FACTS ABOUT FATIGUE

Some Conditions That Can Lead to Fatigue
- Sleep deprivation
- Lack of exercise
- Stress
- Mental health issues
- Hormonal changes
- Medications
- Chronic conditions
- Infections

With Fatigue You May Feel
- Tired
- Headache
- Irritability
- Difficulty concentrating
- Decreased energy levels

What is Fatigue?
- Fatigue is:
  - Lack of energy
  - Feeling drained
  - Not feeling refreshed

Fatigue Can Affect:
-雅
- Sleep
- Physical activity
- Mental performance
- Social interactions
- Productivity

Measuring Fatigue

NINE Questions, each rated on a scale of 1-7

Tips for Reducing Fatigue

1. Quantity & Quality of Sleep
   - Aim for 7-9 hours per night
   - Stick to a consistent sleep schedule

2. Proper Nutrition
   - Eat a balanced diet
   - Stay hydrated
   - Limit caffeine and alcohol

3. Regular Exercise
   - Engage in aerobic activities
   - Strength training
   - Flexibility exercises

4. Relaxation
   - Practice mindfulness meditation
   - Deep breathing exercises
   - Progressive muscle relaxation

5. Balance Work and Personal Life
   - Plan and prioritize activities
   - Take breaks and downtime
   - Set realistic goals

6. Avoid Drug Use
   - Limit artificial sweeteners
   - Reduce use of stimulants
   - Avoid over-the-counter cold remedies

References:
- National Institute of Aging
- Mayo Clinic
- American Sleep Association
- American College of Physicians

www.natHealthbook.com