

# YOUR CARE POLMED

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## Are you always tired?



We all get tired, and then there are times we get really tired. With constantly packed and busy schedules, it can be easy for our fast-paced lives to wear us out. However, constant tiredness may not only be as a result of your busy lifestyle. Your tiredness could be chronic fatigue and indicate something more concerning.

### Tiredness versus chronic fatigue

Tiredness happens to everyone and it can easily be solved with a good night's sleep or taking a day off to rest and relax.

Chronic fatigue, on the other hand, is the constant lack of energy and whole-body tiredness that doesn't seem to go away.



### Chronic fatigue and chronic conditions



#### Diabetes

It is estimated that 1.396 million people with diabetes in South Africa are undiagnosed. Therefore, it is important to be aware of the symptoms.

If you are experiencing extreme fatigue as well as excessive thirst, excessive appetite, frequent urination and blurred vision, and you have a family history of diabetes, then it's important to reach out to your doctor for a blood test.



#### Heart disease

If the heart is struggling to pump enough blood, you may begin to experience constant tiredness all the time, especially when doing activities that require energy.

If you're experiencing fatigue, shortness of breath, chest pain or tightness, then it's important to consult your doctor.



#### Depression and anxiety

People with depression are more likely to experience fatigue and those with chronic fatigue face a heightened risk of becoming depressed. Additionally, fatigue is also a symptom of anxiety.

If you've been monitoring your moods, and you are worried about your mental health, it's important to reach out for support.

### How can I deal with fatigue?



#### 1. Get enough sleep

If you're dealing with tiredness, it's important to get good, quality sleep. People aged between 18 and 64 should get at least seven to eight hours of uninterrupted sleep. Quality sleep can also help to keep you healthy, as well as reduce your risk of depression.

##### How can I get good quality sleep?

- Avoid caffeine and/or alcohol before bed.
- Keep to a sleep schedule, and maintain your bedtime and waking up time even on weekends.
- Have a relaxing bedtime routine. You can meditate, read, or switch off your devices at least 30 minutes before bed.



#### 2. Stay active

Exercising increases blood flow and boosts circulation, and both will help you feel more energised. Being physically active will result in day to day tasks feeling much easier.



#### 3. Eat the right foods

While you may think that processed foods high in sugar will give you energy, they can actually make you tired. Instead, it's important to eat foods that can help to beat fatigue.

"Low GI foods will provide sustained energy levels and therefore prevents fluctuations in your blood sugar levels." explains registered dietician Ise-Marie Jardim, "Low GI foods include foods such as oats, low GI bread, apples, and citrus fruits."



#### 4. Stay hydrated

Drinking more water can help you to fight tiredness and not drinking enough of it can leave you tired. The National Academies of Sciences, Engineering, and Medicine recommends drinking between two to three litres of water a day.

### References

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