



THE MOST COMMON CAUSES OF FATIGUE AND HOW TO OVERCOME THEM

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Meet Brenda Hoehn

MSN, BSN, RN, CHTP

Introduction

- Bariatric Nurse
- Certified Life Coach and Speaker
- Certified Healing Touch Proactitioner
- Bariatric Advocate
- Bariatric Patient - VSG 6.2012



LET'S CHECK IN...

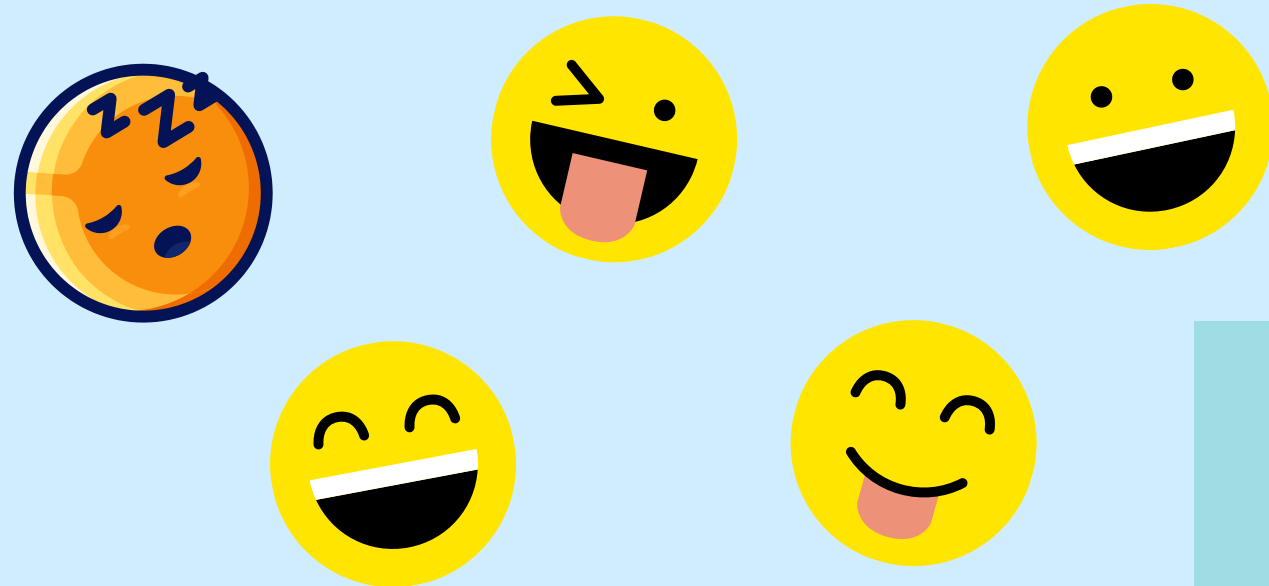
HOW ARE YOU FEELING TODAY? ARE YOU HIGH ENERGY OR DO YOU FEEL TIRED/EXHAUSTED?

Choose an Emoji, GIF, or image from a mood meter that best represents how you feel at the moment and post it in the chat box!

Let's Get to Know Each Other -

Other things to share...

- **What WLS surgery did you have or are preparing to have?**
- **How much weight have you lost?**
- **What is your best non-scale moment?**



Why are you tired? Becoming aware of the “Why” is one of the BIGGEST ways to create an action plan!



Finding out what is **causing your fatigue** can sometimes be **challenging** as there can be a **number of factors involved**.

This **subject can even perplex the experts** (like doctors). Sometimes it takes combining **medical history and lifestyle habits** to better understand what is contributing to the problem.

Join us as we look at a **list of conditions** most associated with **fatigue**. The good news is, once you find what is ailing you, you can find ways to raise up your energy levels.



THE MOST COMMON CAUSES OF FATIGUE AND HOW TO OVERCOME THEM

**There can be numerous reasons for being fatigued and sleepy.
Let's look at some of the most common -**



1

VITAMIN DEFICIENCIES

2

***SLEEP PROBLEMS
(SLEEP APNEA)***

3

***MEDICAL CONDITIONS
(METABOLIC/ENDOCRINE)***

4

MENTAL HEALTH

5

***INTAKE
(FOODS /MEDICATIONS)***

6

LIFESTYLE HABITS



#1 - VITAMIN DEFICIENCIES

Being tired all the time can be a sign of **vitamin deficiency**. Routine blood tests can help identify a deficiency. Your daily multivitamin supplementation can be tweaked to be the most beneficial (adding additional supplements if needed). **Listed below are some common treatments to keep stay on track!**



- 1 Iron (Anemia)**
A quality bariatric multi-vitamin is recommended
Added iron of 18-45mg.
- 2 B Vitamins (B1, B6, B9, B12)**
If you are not absorbing the B12 from your multi-vitamin a SL, liquid, mouth spray, or IM forms are available.
- 3 Vitamin D**
Sunshine is an excellent way to add extra vitamin D.
- 4 Magnesium**
NIH recommend:
Magnesium
Men: 400-420mg
Women: 310-320mg
Teen boy: 410 mg
Teen girl: 360 mg
Find foods and supplements that help you hit the mark.
- 5 Potassium**
Potassium-rich foods include fruits, vegetables, beans and nuts.



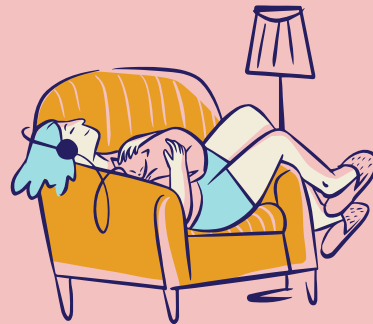
#2 SLEEP PROBLEMS



Insomnia. Insomnia is the term for difficulty getting to sleep or staying asleep.



Sleep Apnea. Obstructive sleep apnea is a serious yet common sleep disorder.



Narcolepsy. This causes you to suddenly fall asleep at any time no matter where you are.



Restless Legs Syndrome. RLS presents as an uncontrollable urge or desire to maneuver your legs while you're resting.

Common Treatments

Bedtime routine, medications, Relaxation techniques, & Lifestyle changes (avoiding caffeine & alcohol)

Side positioning w/sleep, Avoidance of alcohol, Weight loss, & CPAP machine

Scheduled naps & Possible medication

Behavioral therapy and/or medication

WHAT IS HEALTHY SLEEP?



- Most adults require **7-9 hours of sleep**, but the hours needed per night varies based on your genetics.
- Stay **consistent with your sleep schedule** - aim to go to bed and wake up close to the same time everyday.
- Turn off electronic devices, turn down the lights, and focusing on **calm activities** around an hour before bed.

BENEFITS OF SLEEP -

BOOSTS
IMMUNE
SYSTEM

BETTER
MOOD &
LESS STRESS

IMPROVES
EMOTIONAL
PROCESSING

STRENGTHENS
MEMORY

HELPS WITH
MUSCLE
RECOVERY

IMPROVES
EXERCISE
PERFORMANCE

INCREASING
PRODUCTIVITY



MEDICAL CONDITIONS CAUSING FATIGUE..

#3



1

Exercise, stress reduction, pain control, and possible medications



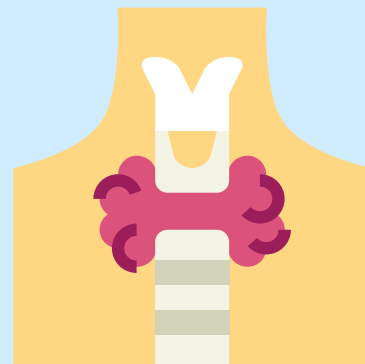
Fibromyalgia

Wide spread pain and tenderness.

Fatigue isn't the most pronounced symptom of fibromyalgia—that's pain—but it's a big one, along with poor-quality sleep and memory and mood problems.

2

Balancing the body, thyroid medications, possible surgery.



Hypothyroidism.

Both an underactive and an overactive thyroid can cause fatigue. The more common culprit though is an underactive gland, which doesn't produce enough thyroid hormone.

3

Lifestyle/diet changes, possible medications



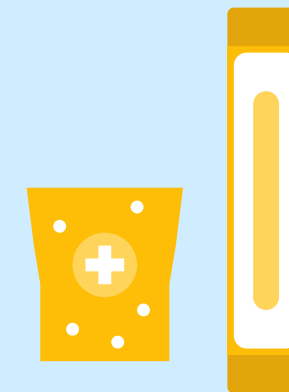
Diabetes.

Blood sugars run high or low.

Fatigue can result from high or low blood sugar levels and other symptoms and complications of the condition.

4

Fluids, diet and supplementation



Electrolyte Abnormalities (low).

Electrolyte levels low.

Fatigue is common with low electrolyte levels. Common electrolyte imbalances include potassium, sodium, and/or magnesium.

5

Relaxation techniques, rest, and medications when needed

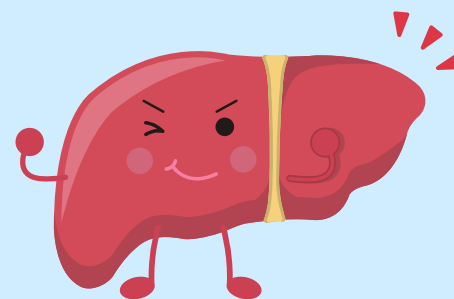


Chronic Pain.

Long term debilitating pain leading to high levels of fatigue.

6

Lifestyle modifications (diet, avoiding alcohol), and possibly medications



Liver Disease.

Inflamed or irritated liver.

7

Stress reduction (better sleep, diet, physical activity), possible medications and surgery



Cushing's Disease.

Hormonal changes with high levels of Cortisol. People with Cushing's syndrome may see their face get round ("moon face"), they gain weight in unusual ways, bruise easily or feel weak, tired and sad.

8

Gluten-free diet



Celiac Disease.

An immune reaction to eating gluten, a protein found in wheat, barley, and rye.



#4 MENTAL HEALTH

Mental Health



Depression

- Depression is a mood disorder that causes a **persistent feeling of sadness, hopelessness, and loss of interest.**

Anxiety

- Intense, excessive, and persistent **worry and fear** about everyday situations.

Both can cause **fatigue and lack of energy.**

Prevention/Treatment:



- Take steps to **control stress**, increase your resilience, and boost your self-esteem.
- **Reach out** to family and friends, especially in times of crisis
- **Early treatment** to keep depression from worsening.
- Consider **professional help** prevent a relapse of symptoms.

#5 INTAKE (DIET)

**WHAT WE PUT INTO OUR BODIES
CAN MAKE A DIFFERENCE
WITH OUR ENERGY LEVELS**



**DRINK
MORE
WATER.**



**TRY SMALLER
AND MORE
FREQUENT
MEALS.**

**PAY ATTENTION
TO HOW SUGAR
AFFECTS YOUR
BODY.**



**DITCH
INFLAMMATORY
FOODS.**

**KEEP A FOOD
JOURNAL.
EXPERIMENT
WITH YOUR DIET.**

LIMIT CAFFEINE



#5 INTAKE (MEDICATIONS)

**WHAT WE PUT INTO OUR BODIES
CAN MAKE A DIFFERENCE
WITH OUR ENERGY LEVELS.**



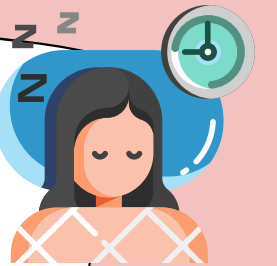
**CHECK WITH YOUR
PROVIDER ABOUT
OTHER MEDICATION
OPTIONS.**

**TAKE A BRIEF NAP
DURING THE DAY.**

**TRY DOING SOME
EXTRA PHYSICAL
ACTIVITY.**



**WHEN POSSIBLE
TAKE MEDICATIONS
THAT CAUSE
DROWSINESS
BEFORE SLEEP.**

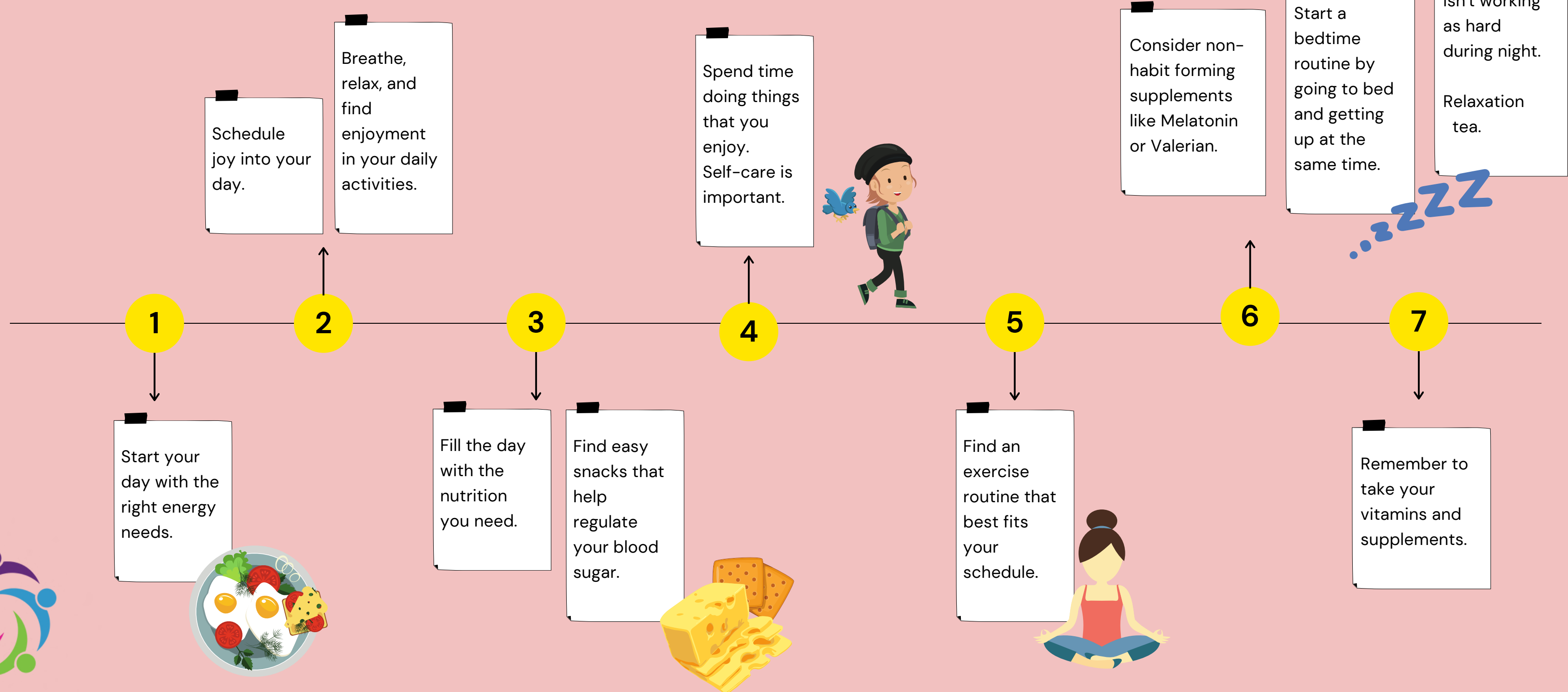


**SUPPLEMENTATION THAT
CAN HELP FATIGUE**



#6 LIFESTYLE HABITS

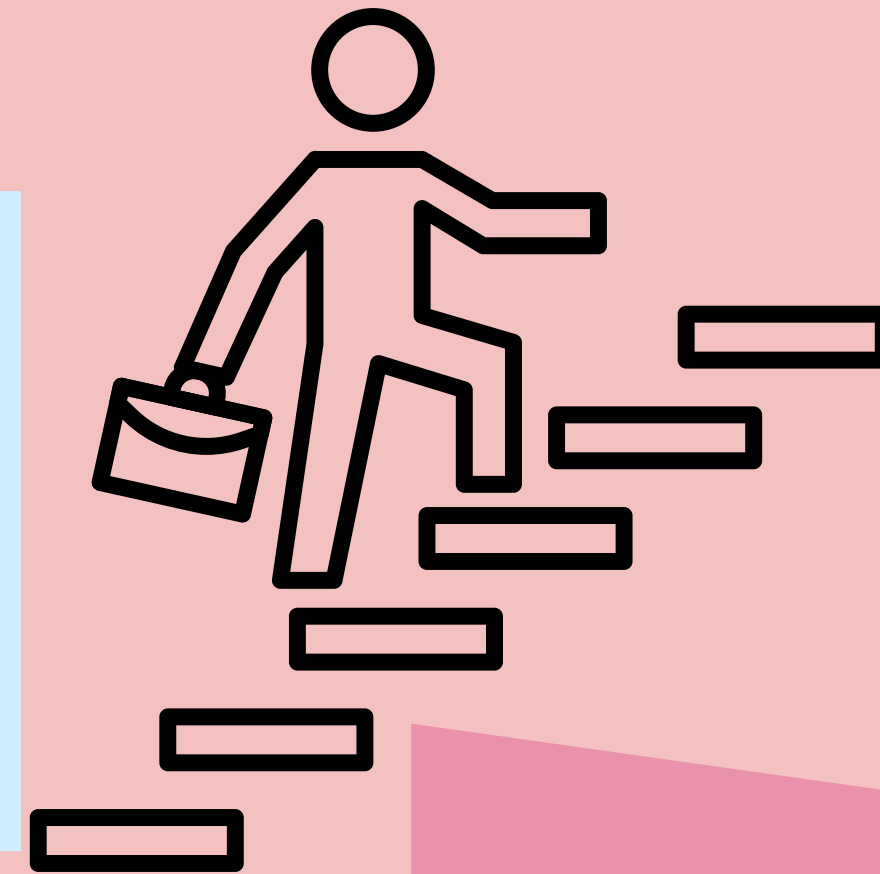
THE SMALL CHOICES AND ACTIONS WE DO EVERY DAY MAKE A DIFFERENCE.





SET AN INTENTION

Life is full of distractions. Where your focus goes, your energy follows.



1. STATE YOUR INTENTIONS - VOCALIZE OR WRITE IT DOWN
2. BE CLEAR ABOUT WHAT YOU WANT TO ACHIEVE
3. MAKE YOUR INTENTIONS POSITIVE AND SIMPLE
4. SHIFT ANY LIMITING BELIEFS

"Intention setting is empowering," says Maxx. "Instead of feeling like a victim of circumstance, you become the conscious creators of your days and your life."

IN CONCLUSION...

1

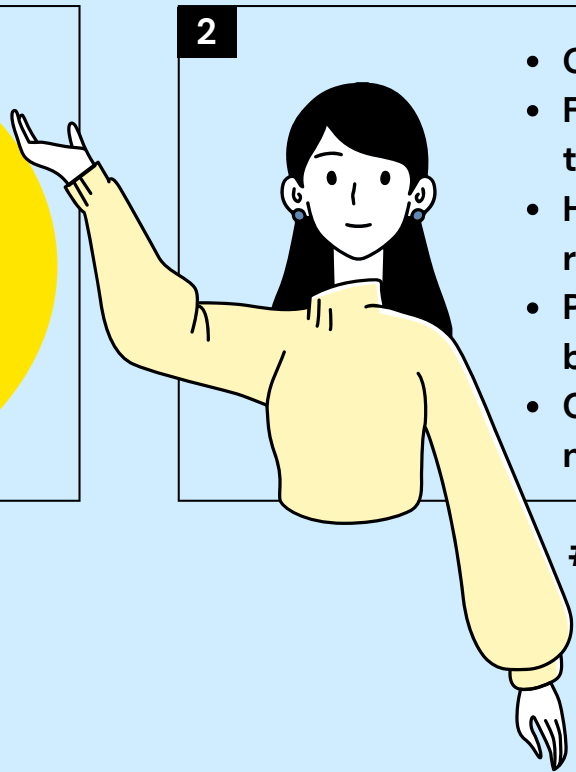
- Have your vitamin levels checked.
- Take a multivitamin daily.
- If low, find specific foods or supplements that can help.



#1 - Vitamin Deficiencies

2

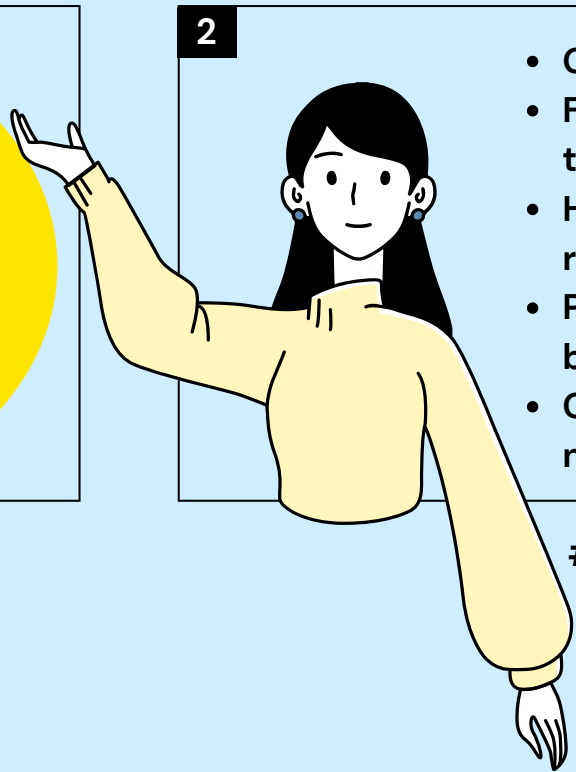
- Get enough rest.
- Find relaxation techniques that help.
- Have a bedtime routine.
- Positioning for best breathing.
- CPAP machine if needed.



#2 - Sleep Problems

3


- Become aware of health issues that are calling your attention.
- Make lifestyle changes to help decrease symptoms.
- Ask for professional help when needed.



#3 - Medical Conditions

4

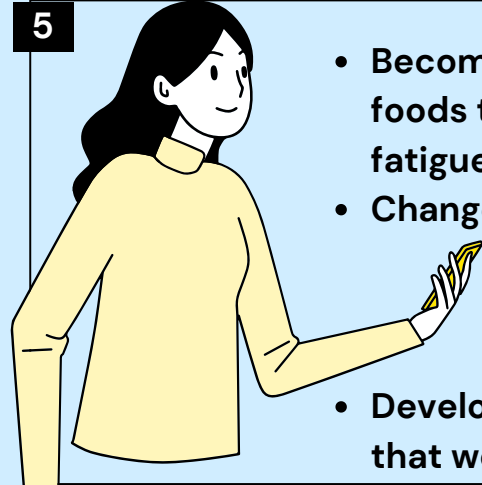
- Stress reduction.
- Find support from family and/or friends.
- Ask for professional help when needed.



#4 - Mental Health

5


- Become aware of foods that increase fatigue.
- Change up diet.
- Develop a med routine that works for you.



#5 - Intake (Diet / Medications)

6

Find a routine that works for you, your schedule and that brings you the most contentedness.



#6 - Lifestyle Habits

MOST COMMON CAUSES OF FATIGUE AND HOW TO OVERCOME THEM

WE CAN CHANGE TO HAVE MORE ENERGY AND TIME DEDICATED TO THOSE THINGS THAT RELATE TO OUR HIGHEST HAPPINESS LEVELS.



TALK TIME - Q&A

1

Let us know what you have found most helpful to combat fatigue.

2

If you have a question, type it in the Q&A or chat box



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- Maintenance of healthy hair, skin, and nails
- Helps regulate metabolism
- Maintenance of muscle tone
- Immune system support



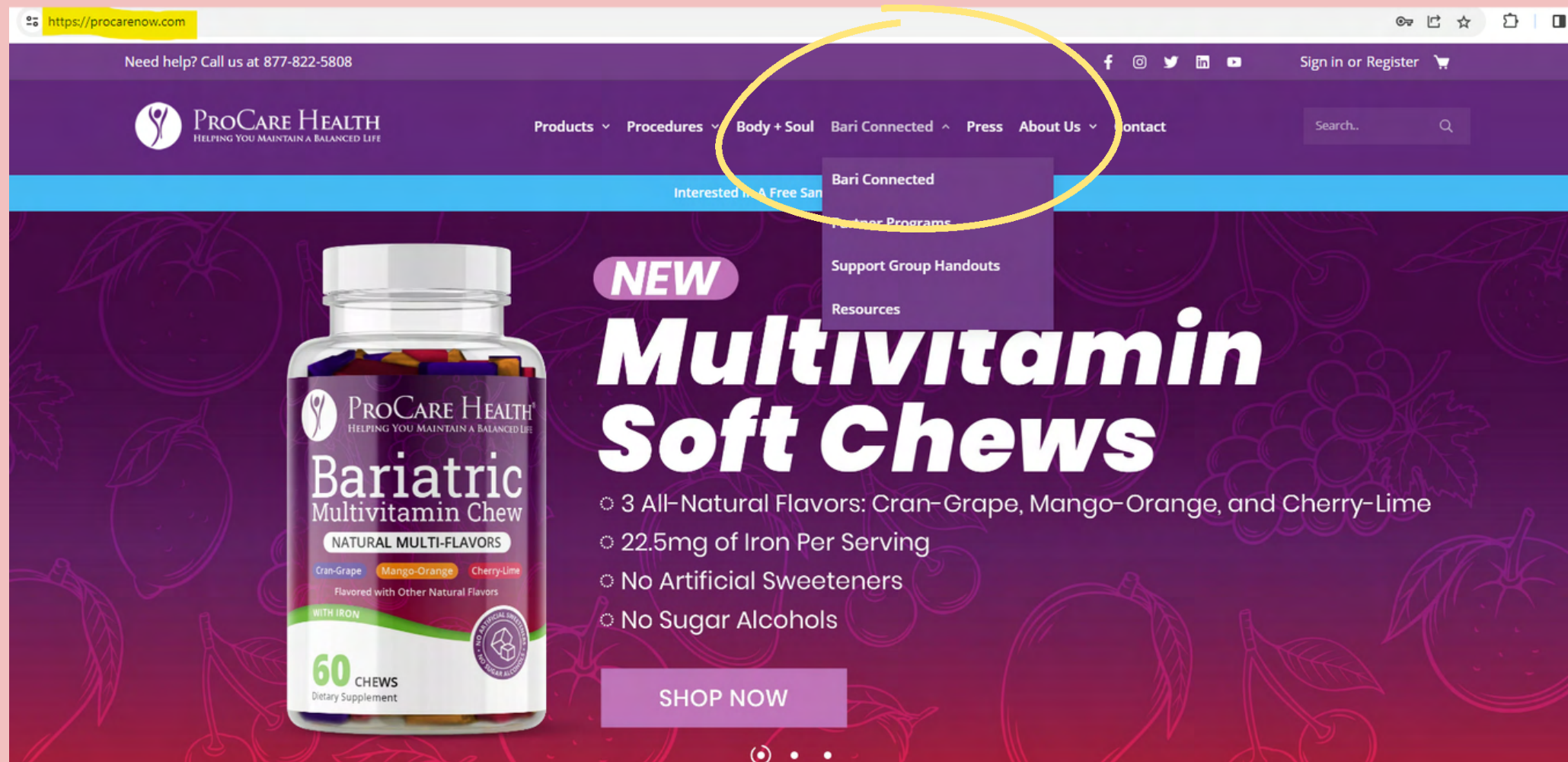
**PROCARE HEALTH CAN HELP
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**BE STRONG, BE FEARLESS, BE
BEAUTIFUL. AND BELIEVE THAT
ANYTHING IS POSSIBLE WHEN YOU HAVE
THE RIGHT PEOPLE TO SUPPORT YOU.**

MISTY COPELAND



**THANK YOU
FOR BEING
HERE!**



RESOURCES

- <https://health.clevelandclinic.org/your-complete-guide-to-sleep/>
- <https://www.lifehack.org/903529/best-energy-supplements-for-fatigue>
- <https://www.shape.com/lifestyle/mind-and-body/mental-health/how-to-set-intentions>