

# Malaise/Fatigue

## What is it?

- **Malaise** – a feeling of discomfort or uneasiness, a feeling of being unwell or not well, fatigue, a feeling of discomfort, illness associates with a disease state, mild sickness, mental or moral depression, a physical discomfort, just feeling lazy, lack of drive
- **Fatigue**- feeling tired, no energy, lousy feeling

## Signs and Symptoms:

- **Symptoms or malaise**- exhaustion, inadequate energy, fever, headache, nausea, tiredness, discomfort, weakness, lethargy
- **Symptoms of Fatigue**- weakness, tiredness, lack of energy, palpitations/feeling your heart beating, dizziness, vertigo, shortness of breath, diarrhea, fever, nausea, vomiting, pain, blood in the urine or stool, chest pain, constipation, muscle cramps, cough, easy bruising, inability to sleep, swollen legs, menstrual irregularities, mass in breast, changes in appetite, changes in urination and thirst, inability to walk up more than one flight of stairs



## Facts:

- **Causes of Fatigue**- anemia, underactive thyroid/hypothyroidism, undiagnosed urinary tract infection, caffeine overload, food intolerances, sleep apnea, and undiagnosed heart disease, stress, poor eating habits, overworked, shift work, alcohol, drugs, heart diseases; lung diseases as asthma, emphysema, COPD/Chronic Obstructive Pulmonary Disease, and pneumonia; malnutrition, obesity, vitamin deficiency, electrolyte disturbances, endocrine disorders, gastrointestinal disorders, neurological disorders, infectious diseases, cancer, lack of exercise, too much exercise, worn out, any disease state, psychological, medications,

## What can I do?

- **See your Health Care Provider**- to do a physical exam and do tests
- **See a Registered Dietitian**- for help with your eating habits

