

The Most Common Causes of Fatigue and How to Overcome Them



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Here's What Is Included Today:

1

Introduction to the Event

3

The Most Common Causes of
Fatigue and How to Overcome Them

2

Check-in and Icebreaker

4

Summary and Next Steps



Introduction

Brenda and **Brittany** are your facilitators for this session.

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.

Brenda



Brittany



Let's Check In...

How are you feeling? Are you high energy or do you feel tired/exhausted?

1

Select the emoji that best fits how you are feeling right now.

2

Post the emoji in the chat box.

Choose an Emoji, GIF, or image from a mood meter that best represents how you feel at the moment.



HOW DO YOU FEEL?

Icebreaker

Before we start tell us something about yourself!

We are from
Missouri and
Illinois!

Brenda's best
non-scale
moment... trying
on new smaller
sizes!

What part of the country are you from?

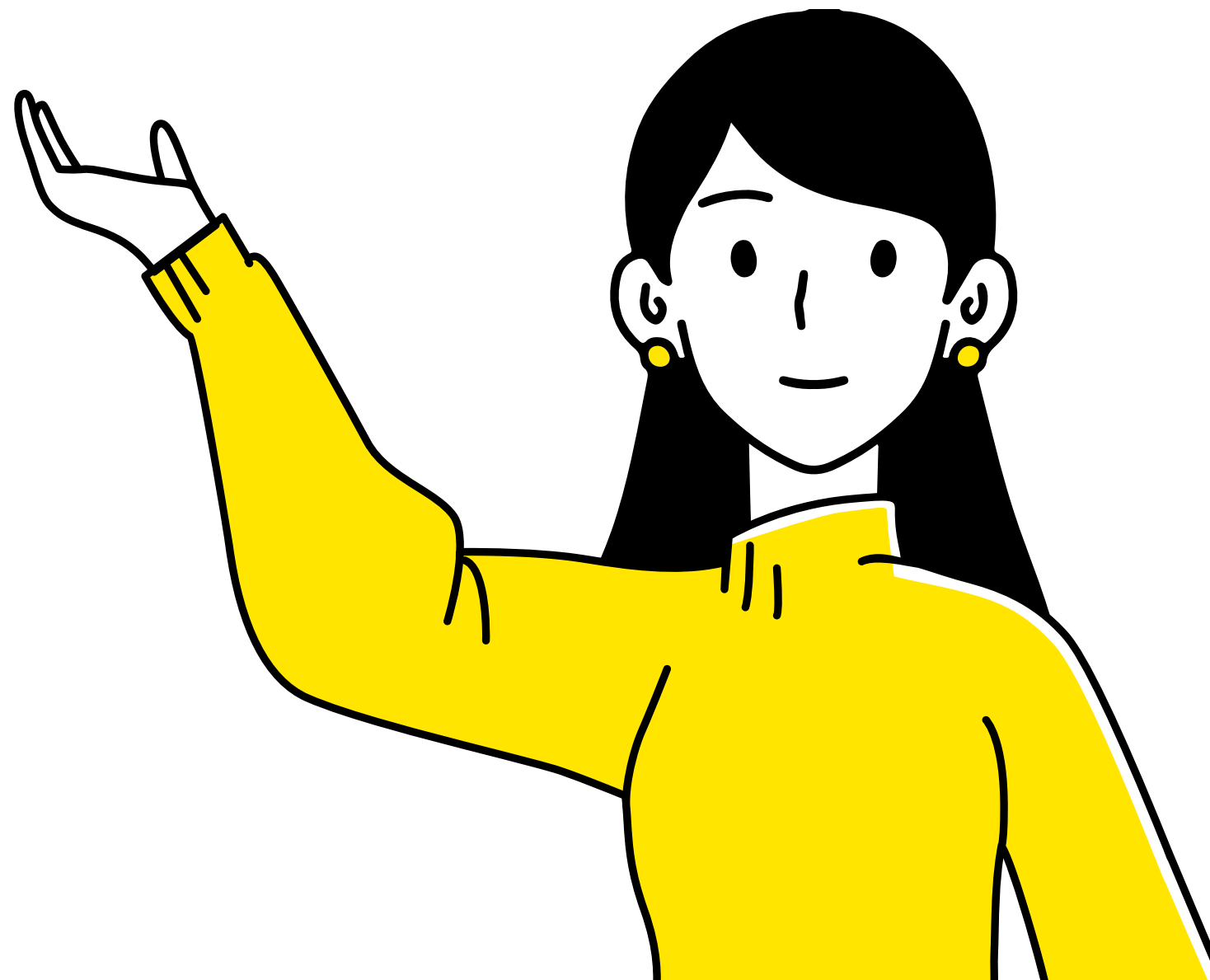
Other things to share...

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



Let's Get to Know Each Other!

Let's get started!



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 | 3 Medical Conditions
(Metabolic/Endocrine) | 5 Intake
(Foods /Medications) |
| 2 Sleep Problems
(Sleep Apnea) | 4 Mental Health | 6 Lifestyle Habits |

#1 Vitamin Deficiencies

Being tired all the time can be a **sign of vitamin deficiency**. This could include low levels of iron, B vitamins, vitamin D, magnesium, or potassium. **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).

A quality bariatric multi-vitamin is recommended
Added iron of 18-45mg.



1

Iron (Anemia)

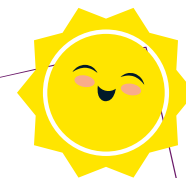
If you are not absorbing the B12 from your multi-vitamin a SL, liquid, mouth spray, or IM forms are available

2

B Vitamins
(B1, B6, B9, B12)

Common Treatments

Sunshine is an excellent way to add extra vitamin D.



3

Vitamin D

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.

4

Magnesium

Potassium-rich foods include fruits, vegetables, beans and nuts



5

Potassium

#2 Sleep Problems



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

Common Treatments

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



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

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



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

Scheduled naps & Possible medication



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

Behavioral therapy and/or medication

Medical Conditions Causing Fatigue...

#3

1

Exercise, stress reduction, pain control, and possible medications



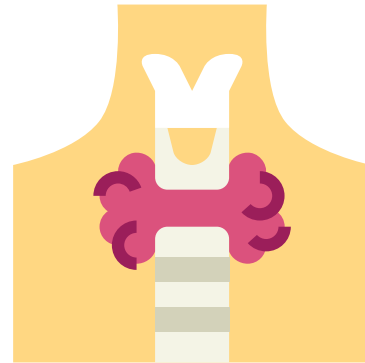
Fibromyalgia

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.

Fatigue can result from high 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

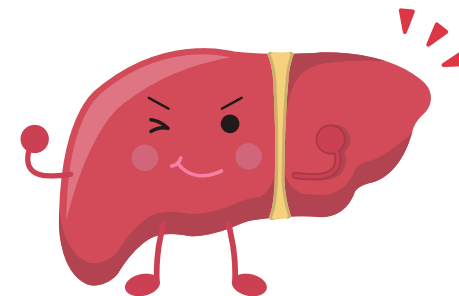


Chronic Pain.

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.

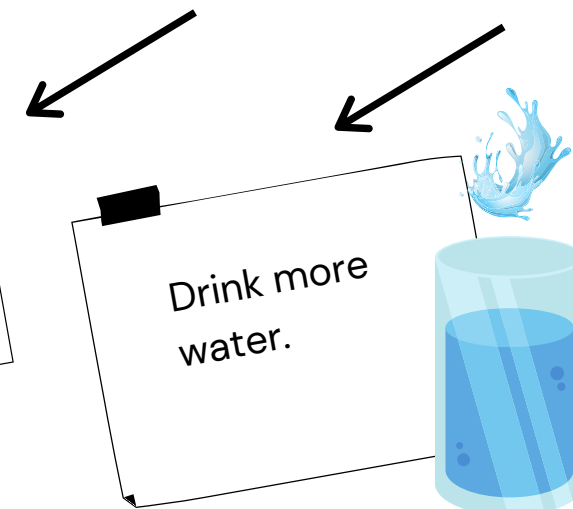
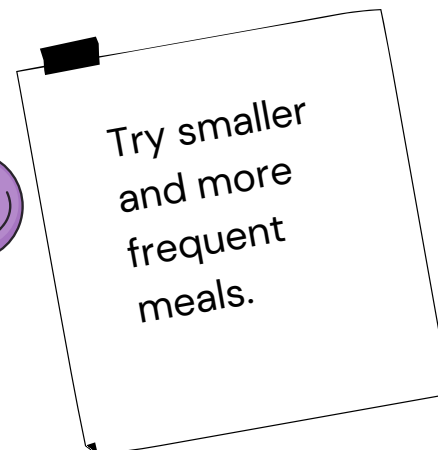
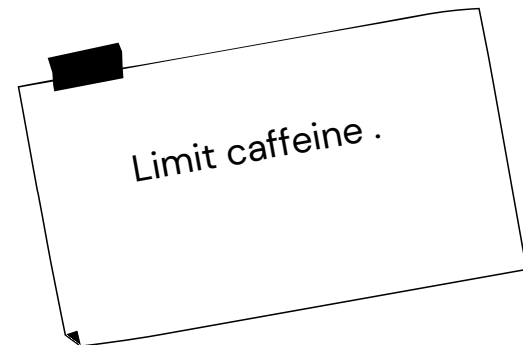
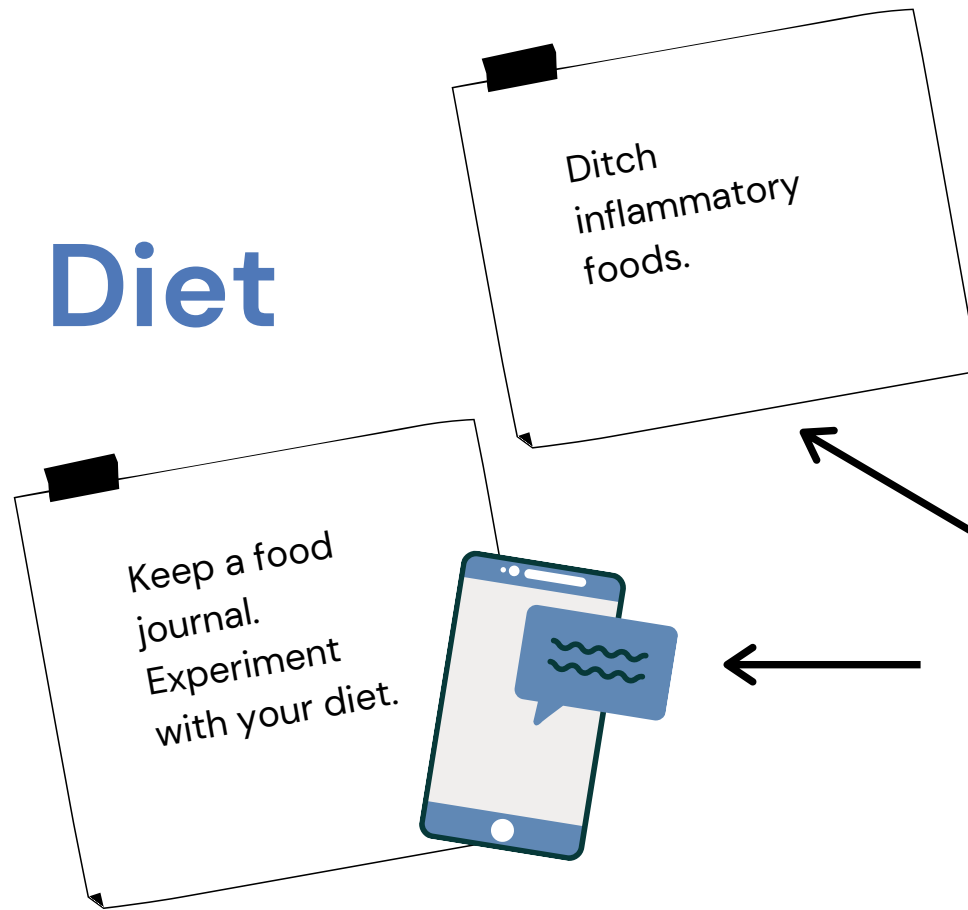
Both can cause **fatigue and lack of energy.**



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.

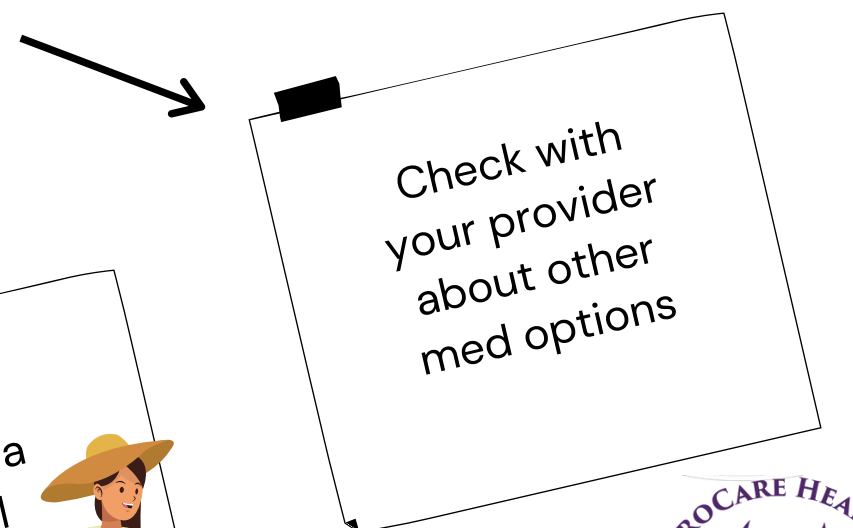
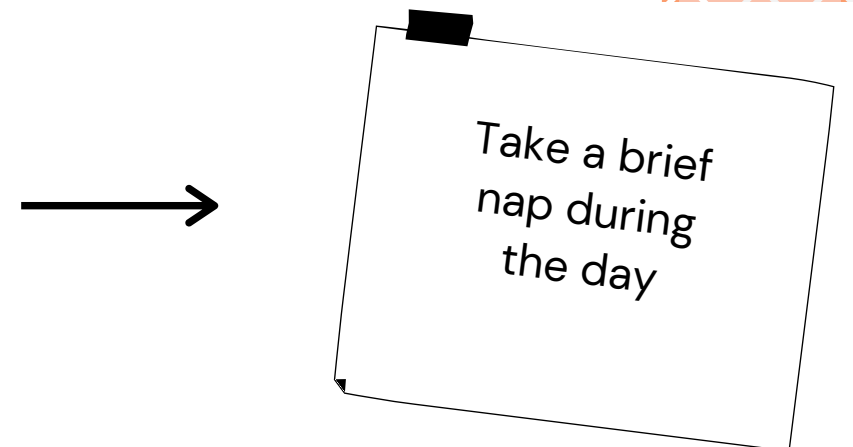
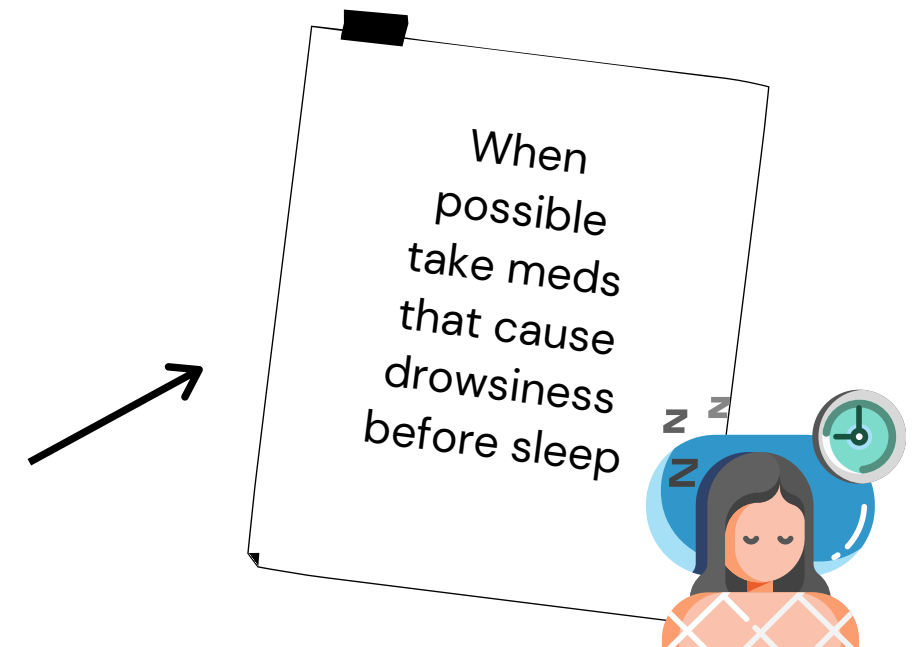
Diet



#5 Intake (Diet/Medications)

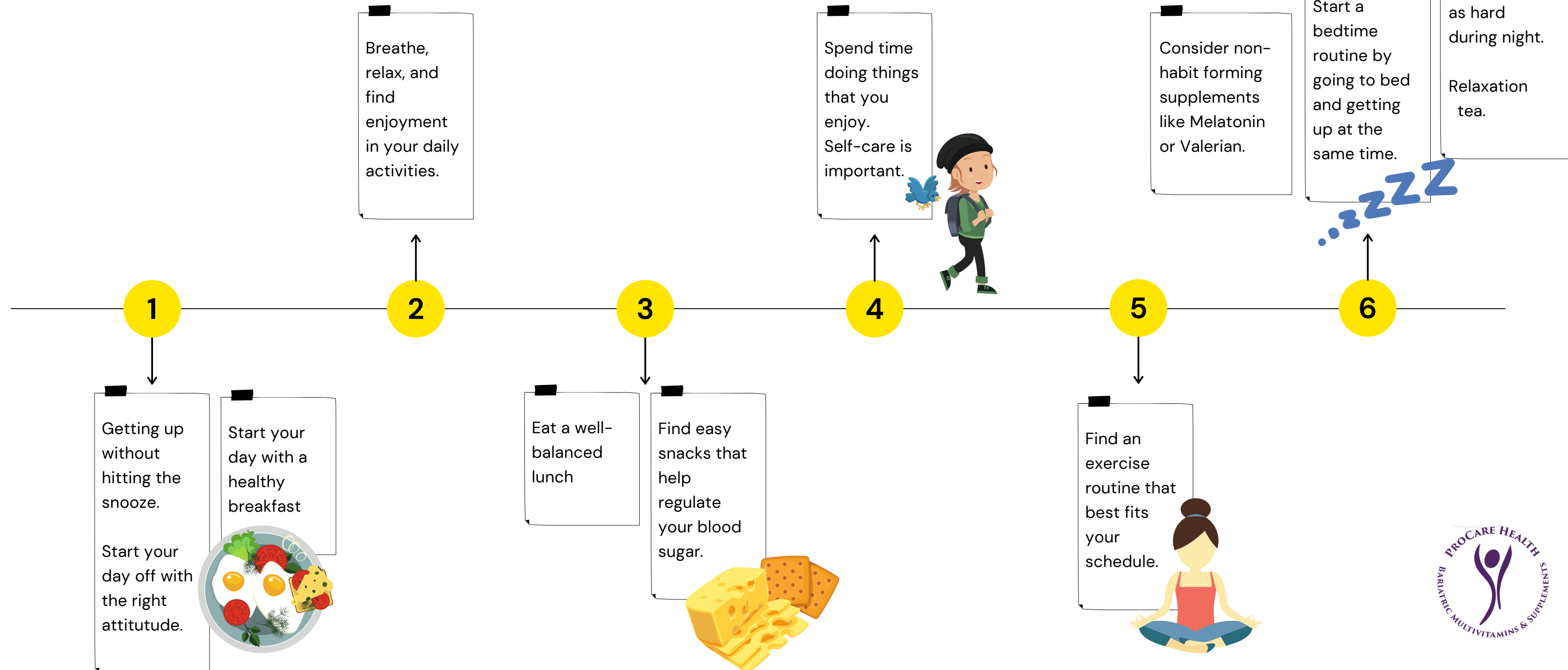
What we put into our bodies can make a difference with our energy levels.

Medications



#6 Lifestyle Habits

Those little choices and actions we do everyday – make a difference.



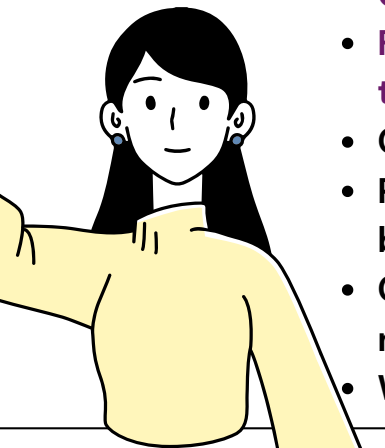
In Conclusion...

1

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

#1 – Vitamin Deficiencies

2



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

#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 if needed

#3 – Medical Conditions

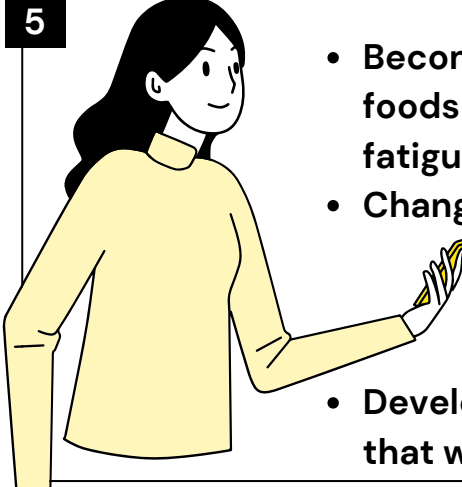
4

- 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



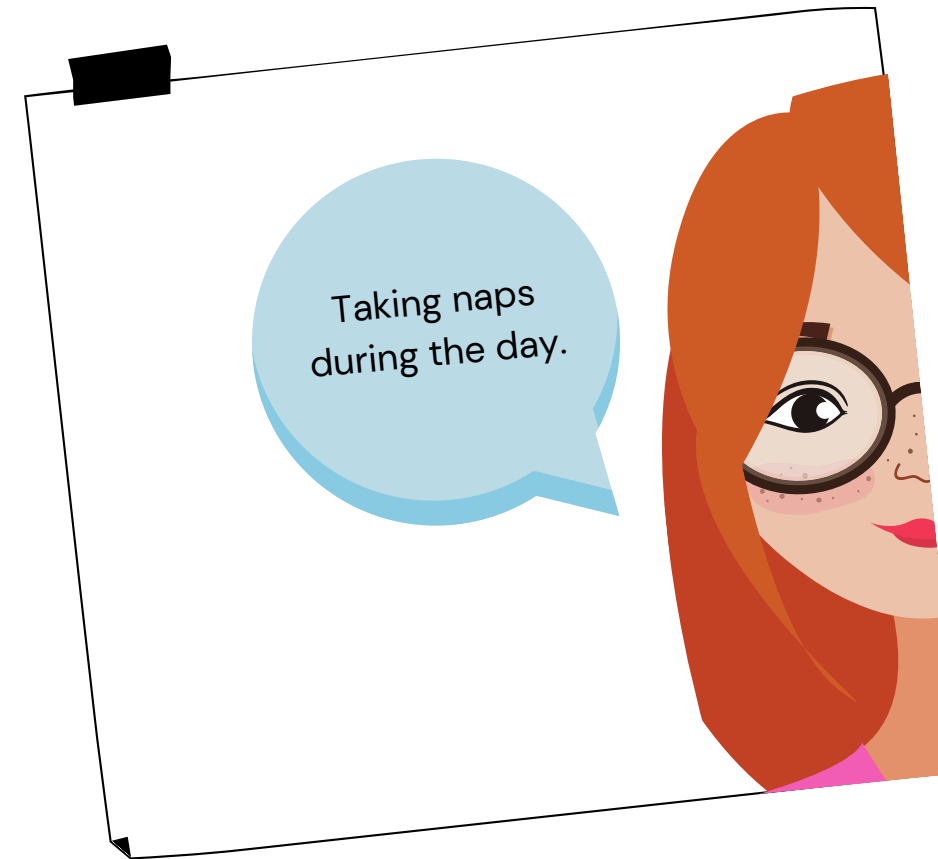
Most Common Causes of Fatigue and How to Overcome Them

We can change to have more energy and time dedicated to those things that relates to our highest happiness levels.

Talk Time Q&A

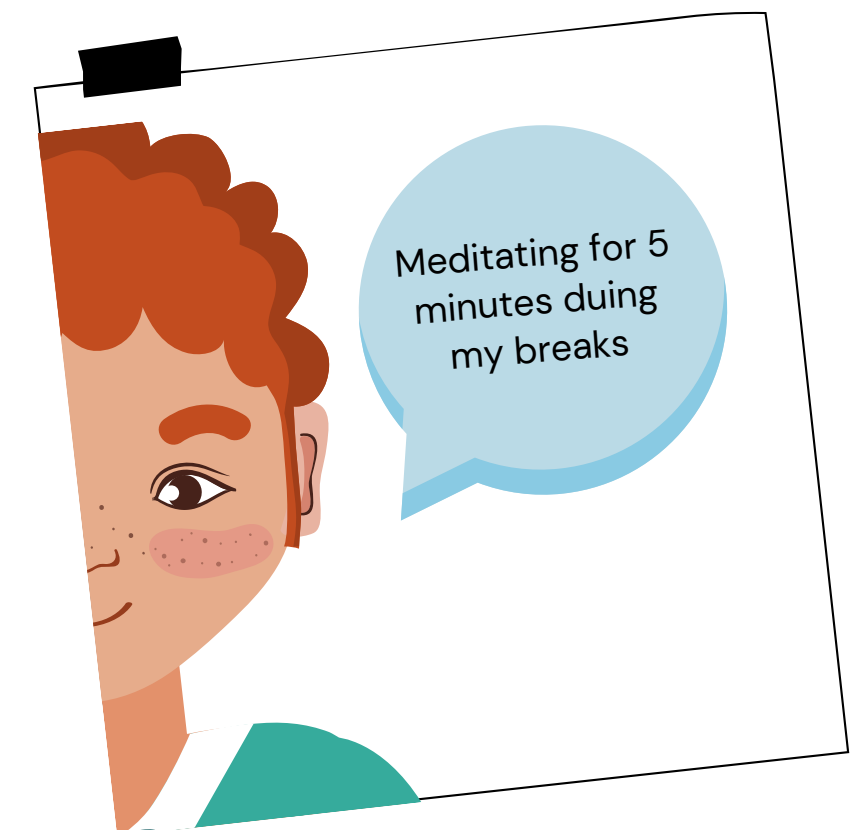
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Let us know what you have found most helpful to combat fatigue.



2

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



Our Sponsor

www.procarnow.com



Some of their most popular products include:

- One a day multi-vitamin
- Probiotic multi-vitamin
- Prenatal multi-vitamin
- Calcium (powder, chocolate, and chews)



"Follow" us on Crowdcast

To get reminders as new events are starting!

LOTS of topics!

<https://www.crowdcast.io/procarehealthwlsupport>

Click the Button to Follow!



The banner features the ProCare Health logo, which consists of a stylized white figure inside a purple circle. Below the logo, the text "ProCare Health" is written in a large, serif font, followed by "BARIATRIC VITAMINS & SUPPLEMENTS" in a smaller, sans-serif font. To the left of the text, there are several bags of supplements: a purple bag labeled "Dinner Mint", a purple bag labeled "Calcium Chews", and a blue bag labeled "Caramel". To the right of the text, there are four bottles of supplements: "Bariatric Multivitamin", "Bariatric Multivitamin 45", "Prenatal Bariatric", and "Probiotics Bariatric". A large blue arrow points from the text "Click the Button to Follow!" to a red button labeled "FOLLOW".

ProCare Health is driven to create innovative supplements to fill the unique needs of bariatric surgery patients while striving to make it EASY! We partner our great products with additional support for you via informational blogs, a dietitian on staff for questions and a new life support coach.

St.Charles, Missouri

**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!

