

Contact Us Toll Free at 1.866.208.3430

Fatigue (or excessive tiredness)

Education

Fatigue is a feeling of tiredness, or a lack of energy to do physical or mental tasks. This symptom occurs in 85% to 97% of people with multiple sclerosis (MS) and most often occurs in the afternoon.

The following factors may contribute to fatigue:

- Medications (including those used to treat MS)
- Heat or humidity
- Sleep disturbances
- Depression or anxiety
- Other medical conditions (such as infections)

Tips for Controlling Fatigue

- Stay Cool! Trying drinking ice-cold liquids, using fans and air conditioning to lower room temperature, using ice packs, and avoiding hot liquids or foods.
- Drink plenty of fluids during the day, but not too close to bedtime. Try to eat a well balanced diet.
- If your doctor agrees, try taking your interferon dosage at bedtime.
- Participate in physical therapy and physician-recommended exercise.
- To help conserve your energy, let friends and family help you with daily activities.
- Lifestyle changes such as smoking cessation and taking short naps can help reduce fatigue.
- Try relaxing activities such as watching movies and reading prior to bedtime.
- Only do things that absolutely need to be done.
- Try stress reduction and relaxation techniques such as massages and pedicures.
- Join a support group. They can be fun and often provide free food and entertainment. Talk to your Patient Care Coordinator about support group events in your area.

Treatment Options

Fatigue caused by your MS or medications may be treated with over-the-counter medications such as aspirin or caffeine. Before taking anything over-the-counter, it is important to contact your doctor or pharmacist for specific directions of use and to assure they are safe for you to use.

Some prescription medications that may be useful in the treatment of fatigue include antidepressants and stimulants. Talk to your doctor if you are having trouble with fatigue and work together to develop the best management strategy for you.

For questions or concerns regarding any of the above statements or recommendations, please feel free to contact Diplomat Specialty Pharmacy Toll Free at 1.866.208.3430.