

WOMEN'S

# HEALTHLINES



**VOLUME 1, No. 1**

**A HEALTHIER YOU.....**

- *Why Am I Tired All The Time?*
- *Tips For Beating Fatigue*

**SPOTLIGHT.....**

- *Women's Health Information Line*

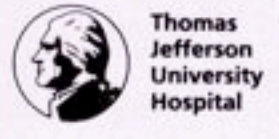
**BREAKING NEWS.....**

- *Birth Control Pill*
- *Skin Cancer*
- *Angioplasty Device*

**Q&A.....**

**ESPECIALLY FOR YOU**

- *Calendar Of Events*





Are you tired when you wake up in the morning? Do you have difficulty concentrating during the day and falling asleep at night? Do you have to push yourself through the day propped by coffee or cigarettes?

If so, you are not alone. Forty percent of women between the ages of 18 and 34 report feeling tired most of the time. For each one, the symptoms are different; some experience muscle aches while others are irritable or not able to think straight. But whatever the outward signs, the result is the same, say experts -- fatigue is a signal that something is wrong with your life.

Despite this, many women ignore tiredness. They think that nothing can be done about it, that fatigue is simply a condition they were born with. This attitude is an unfortunate one, though, considering that illnesses such as diabetes, anemia, metabolic disorders and hypertension were found to be at the root of fatigue in as many as one in four cases, according to one study.

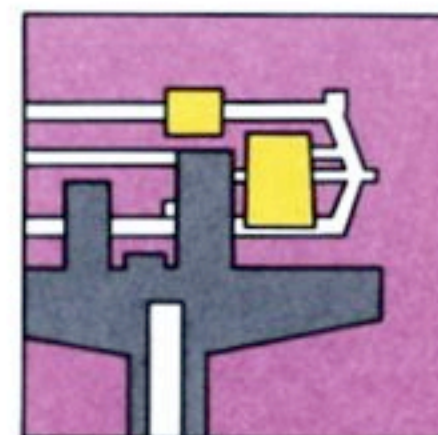
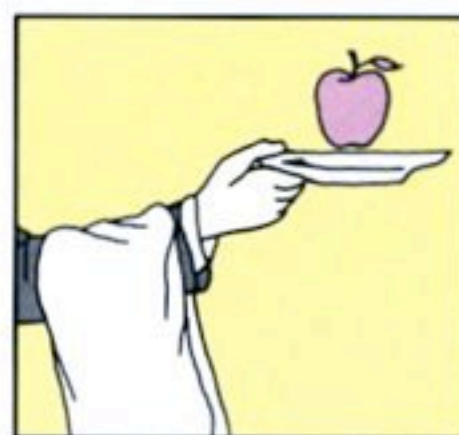
## Getting A Physical

One of the problems in diagnosing fatigue is that just about anything can cause it, from poor diet or alcohol abuse to viral infection or marital stress. Lisa Gunning, M.D., of Jefferson's Family Medicine Department, advises women who feel continually exhausted to get a complete physical by a doctor who will take the complaint seriously.

The doctor should ask questions about your symptoms, the length of time you've felt sluggish, family medical history, and about any recent viral infections, says Gunning. She also recommends a simple blood test to rule out iron deficiency or thyroid problems.

After the physical, your doctor should explore the psychosocial stresses in your life, says Gunning. "I'll ask the woman to describe a typical day. Some have three jobs and four kids and can't understand why they're tired!" she exclaims.

*continued*



## TIPS FOR BEATING FATIGUE

✓ Exercise actually boosts energy. Thirty minutes a day should improve your mood, pep, and physical tolerance.

✓ Nix the caffeine, nicotine, junk food, alcohol, and prescription drugs. They are stimulants which deplete strength.

✓ Fix your job! If you sit in an uncomfortable chair all day or are subject to undue stress, speak to your supervisor about what can be changed.

✓ Schedule around your body's rhythms. If you drag at midday, allot 30 minutes for a nap or day dreaming. If menstruation leaves you weak, delay hectic activities until after your period.

✓ Eat for energy. High protein foods such as fish, chicken, or beans will perk you up. Carbohydrates—pasta, potatoes, and bread—will help you relax.

✓ Get your physical symptoms treated. Pain is very taxing on the body as is any other condition that interferes with sleep.

✓ Say yes to yourself and no to others by setting aside 90 minutes a day to relax and enjoy yourself.

✓ Try going to bed an hour earlier than usual.

✓ Depression is an energy-drainer. Beat the blues by sharing a loss or worrisome situation with a friend or counselor.

✓ Share the household responsibilities by learning how to delegate. Lighten your load by lowering your housework standards.