



## Does COPD Cause Fatigue?

by NEWLIFEOUTLOOK TEAM

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### COPD Fatigue Facts

If you have shortness of breath in COPD, it's likely that you also feel a great deal of fatigue. By improving your airflow with breathing positions, pulmonary rehabilitation, and breathing techniques such as pursed lip breathing, you will likely notice you're not as fatigued. The more efficient you are at getting oxygen into your body and the more effectively your muscles use oxygen, the more you'll be able to do. Your muscles can learn how to effectively use oxygen with exercise but you may have issues with exercise due to your shortness of breath as well. Practice breathing techniques until they're second nature so you can easily rely on them when you're exercising. Start off exercising with what you can do and then improve upon that gradually.

newlifeforoutlook presents  
**THE FACTS ABOUT FATIGUE**

**Some Conditions with fatigue as a symptom**

• Medications	• Fibromyalgia
• Pain	• Lupus
• Sleep Disorders	• Multiple Sclerosis
• Substance Abuse	• Anemia
• Anxiety	• Asthma
• Arthritis	• Depression
• Cancer	• Parkinson's Disease
• Diabetes	• COPD
• Chronic Fatigue Syndrome	

**With Fatigue You May Feel**

Tired  
Weak  
Exhausted  
Weary

Worn-Out  
Heavy  
Slow  
Lethargic

**What is Fatigue?**

**Fatigue is:**  
Lack of Motivation  
Lack of Energy  
Wearing Out Easily  
Roll

**Fatigue isn't:<sup>®</sup>**  
Lack of Passion  
Laziness  
Just Being Tired  
Fake or Imagined

**Fatigue Can Affect:**

• Your mood	• Cognitive performance
• Physical function	• School work
• Work performance	• Community activities
• Social interaction	• Sense of self
• Family care	• Your appetite

**Measuring Fatigue**

The Fatigue Severity Scale (FSS) is a self-reported questionnaire used to measure your fatigue. It consists of ...

**NINE Questions, each rated on a scale of 1-7**

To score the Fatigue Severity Scale either add all items together (this will range from 9-63) or find the mean by adding your items together and dividing by 9 (this will range from 1-7). In either case, the higher the number you calculate is, the more fatigued you are.

**Tips for Reducing Fatigue**

**1 Quantity & Quality of Sleep**

- ✓ Have a regular bed time and wake up time
- ✓ Use your bed just for sleeping
- ✓ Do quiet activities if you're not sleepy
- ✓ Room should be dark and quiet

**2 Proper Nutrition**

- ✓ Get daily value of vitamin and minerals
- ✓ Find out about proper nutrition at [choosemyplate.gov](http://choosemyplate.gov)
- ✓ Contact your doctor or a nutritionist/dietitian so you can get the most out of what you eat

**3 Regular Exercise**

- ✓ Choose an enjoyable exercise
- ✓ Do what you can and then try doing a little bit more each day
- ✓ Try tai chi and yoga to combine stretching, breathing, and calming exercises

**4 Relaxation**

- ✓ Avoid stress or stressful situations
- ✓ Do what you find relaxing: read a book, do yoga, sit outside, listen to music, etc.

**5 Balance Work and Personal Life**

- ✓ Spend your time off work with family, friends, or doing preferred activities
- ✓ Limit the amount of work you bring home with you

**6 Avoid Drug Use**

- ✓ Avoid stimulants including coffee, nicotine, methamphetamines, cocaine
- ✓ Avoid sedatives

**Resources:**

1. Chronic Care for Occupational Health and Safety  
<http://www.osha-slc.gov>

2. National Cancer Institute  
<http://www.cancer.gov>

3. National Library of Medicine  
<http://pubmed.ncbi.nlm.nih.gov/>

4. National Patient & Family Foundation  
<http://www.npff.org/>

5. United States Department of Agriculture  
<http://www.choosemyplate.gov>

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