



# 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.





## 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	

Tired	Worn-Out
Weak	Heavy
Exhausted	Slow
Weary	Lethargic

### Fatigue is:

- Lack of Motivation
- Lack of Energy
- Wearing Out Easily
- Real.

### Fatigue isn't:

- Lack of Passion
- Laziness
- Just Being Tired
- Fake or Imagined

### Fatigue Can Affect:

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



**Measure**  
The Fatigue Severity  
N  
G  
ea

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 7-63) or **find the mean** by adding your items together and dividing by 9 (this will range from 1-9).

In either case, the **higher the number** you calculate is, the **more fatigued** you are.

## Sanuity & Quality of Sleep

- ✓ Have a regular bed time and wake up time
- ✓ Do your best just to sleep
- ✓ Do quiet activities if you're not sleepy
- ✓ Room should be dark and quiet.

## Proper Nutrition

- ✓ Get daily value of vitamins 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.

## Regular Exercise

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

## Relaxation

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

## 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

## Avoid Drug Use

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

### Resources:

1. Canadian Centre for Occupational Health and Safety  
<http://www.ccohs.ca/>
2. National Cancer Institute  
<http://www.cancer.gov/>
3. National Library of Medicine  
<http://www.nlm.nih.gov/>
4. National Parkinson's Foundation  
<http://www.parkinson.org/>
5. United States Department of Agriculture