

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 around 80% of people with Multiple Sclerosis (MS) and most often occurs in the afternoon. These factors may contribute to fatigue: medications (including those used to treat MS), heat, humidity, sleep disturbances, depression, anxiety, and other medical conditions (such as infections).

### Tips for Controlling Fatigue

- Stay Cool! Trying ingesting 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 learn energy-saving ways of walking and moving.
- To help conserve your energy, let friends and family help you with daily activities.
- Rest and take short naps to recharge.
- Try relaxing activities like watching movies and reading prior to bedtime.
- Only do things that absolutely need to be done (be sure to talk to your Diplomat Specialty Pharmacy Patient Care Coordinator about conserving your energy bank).
- 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 can be treated with simple over-the-counter medications. Before taking anything over-the-counter, it is important to contact your doctor or pharmacist for specific directions of use. Some medications that may be useful in the treatment of fatigue include: Over the counter Ibuprofen (Advil® or Motrin®) and Over the counter Naproxen (Aleve®). If these agents are not effective, it is important to contact your pharmacist or doctor about prescription strength therapies that can help manage fatigue.

**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.**

#### References:

1. Frohman E, Phillips T, Kokel K, Pelt JV, O'Leary S, Gross S et al. Disease-modifying therapy in multiple sclerosis: strategies for optimizing management. *The Neurologist*. 2002; 2:227-236.
2. Crayton H, Heyman RA, Rossman HS. A multimodal approach to managing the symptoms of multiple sclerosis. *Neurology* 2004; 63 (suppl 5):S12-S18.