



Is Fatigue Common in Asthma?

by NEWLIFEOUTLOOK TEAM

The Battle Against Fatigue

Airway obstruction limits the amount of air that is able to get into your system and get to the muscles that need it, which can cause the fatigue in your asthma. Avoiding triggers of asthma will help to keep your airways clear. Keep a tracker on your phone that you can easily record any situation you're in that you experience your asthma. If your asthma is exercise-induced, you should build up your resiliency to exercise over time and use your inhaler, since this may help you to improve your endurance and strength.

Tired
Weak
Exhausted
Weary

Worn-Out
Heavy
Slow
Lethargic

Fatigue is:
Lack of Motivation
Lack of Energy
Wearing Out Easily
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- Laziness
- Just Being Tired
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- ✓ Work performance
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The **Fatigue Severity Scale (FSS)** is a self-reported questionnaire used to measure your fatigue. It consists of

NINE

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Questions,
each rated on a scale of

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 1-7).

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

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