

Fatigue

Fatigue is a common complaint among older persons and may be related to many chronic

However, the underlying cause should be investigated. A medication review can identify medicines known to increase the risk of gastrointestinal bleeding, such as NSAIDs, antiplatelets, anticoagulants, corticosteroids, and SSRI antidepressants.

Thyroid dysfunction

Thyroid dysfunction increases with age and should be considered in people presenting with fatigue. Fatigue and tiredness are associated with both hypothyroidism and hyperthyroidism.

Fatigue is a common symptom of diabetes, but it is not limited to poorly controlled disease. Fatigue may also reflect hyperglycaemia in patients with undiagnosed and poorly controlled diabetes.

Optimal medication management is necessary for safe glycaemic control. Lifestyle optimization with a healthy diet, physical activity, stress control and good sleep patterns may help mitigate fatigue in people with diabetes.

Chronic kidney disease

Fatigue is a commonly reported and debilitating symptom among patients with chronic kidney disease (CKD). Over 70% of people with CKD report fatigue and fatigue is associated with mortality in patients with kidney failure.

Physical activity has been shown to improve fatigue. Targeting higher haemoglobin (Hb) levels with erythropoiesis-stimulating agents may improve fatigue. Sodium bicarbonate tablets can improve functional status and muscle strength. Treatment of coexisting depression may improve fatigue in people with CKD.