## Fatigue

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

However, the underlying cause should be invest gated. A medicat on review can ident fy medicines known to increase the risk of gastrointest nal bleeding, such as NSAIDs, ant platelets, ant coagulants, cort costeroids, and SSRI ant depressants.

## Thyroid disfunct on

Thyroid dysfunct on increases with age and should be considered in people present ng with fat gue. Fat gue and t redness are associated with both hypothyroidism and hyperthyroidism.

Fat gue is a common symptom of diabetes, but it is not limited to poorly controlled disease. Fat gue may also refect hyperglycaemia in pat ents with undiagnosed and poorly controlled diabetes.

Opt mal medicat on management is necessary for safe glycaemic control. Lifestyle opt misat on with a healthy diet, physical act vity, stress control and good sleep pat erns may help mit gate fat gue in people with diabetes.

## Chronic kidney disease

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

Physical act vity has been shown to improve fat gue. Target ng higher haemoglobin (Hb) levels with erythropoiesis-st mulat ng agents may improve fat gue. Sodium bicarbonate tablets can improve funct onal status and muscle strength. Treatment of coexist ng depression may improve fat gue in people with CKD.