

Case 9: Quantified Self

AidAce app

Library research

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Introduction

The goal of the library research was to support the data we collected on the field with credible sources. We were able to locate a variety of web sources that described how people regularly experience exhaustion and struggle to find the right explanations, feel lost, or know what to do. There is proof that fatigue can lead to both mental and physical issues, which can make people mad or physically ill.

On the next pages there could be found online articles supporting the ideas from above and the references from where they were collected.

Online Articles

Mayo clinic, Mayo Clinic Stuff (2021, March 18), *Symptoms Fatigue*. Retrieved from <https://www.mayoclinic.org/symptoms/fatigue/basics/causes/sym-20050894>

Most of the time, weariness can be attributed to one or more lifestyle variables, such as inadequate exercise or irregular sleep habits. The cause of weariness could be depression or a medication. Additionally, being exhausted might occasionally be a symptom of a condition that has to be addressed. Considering these, it is evident that persistent fatigue might become seriously harmful to your personal health.

Even if absence of certain nutrients, such as insufficient protein or water consumption, might contribute to fatigue, when it becomes more severe, consulting a doctor is the only way to get a definite diagnosis. According to the article, there are a few things that should raise the red flag and force you to consult a doctor: chest pain, shortness of breath, irregular or fast heartbeat, feeling as if you could faint, severe pelvic or back pain, severe headache, unusual bleeding, including rectum internal bleeding or vomiting blood.

Medical News Today, [Daniel Murrell, M.D.](#) — By Markus MacGill (2017, July 18), *Why am I so tired, and how do I beat fatigue?*. Retrieved from <https://www.medicalnewstoday.com/articles/8877>

Being exhausted can have a detrimental effect on social interactions, family life, and professional performance. Many persons with exhaustion do not report it to their doctor since fatigue has a reputation for being an ill-defined and challenging issue for medical professionals to explore. Therefore, it is obvious that people would require a tracker in order to comprehend what they do incorrectly and precisely what is occurring to their bodies.

Other names for fatigue include tiredness, low energy, mental or physical weakness, and lack of motivation. Psychological, physiological, and physical factors can all contribute to fatigue. A doctor may conduct a physical examination, blood and urine tests, ask questions about sleep habits, and other procedures to determine the causes of your exhaustion.

The underlying cause of fatigue is the focus of treatment. As a result, they would need exact statistics about the patient's body.

The following food and lifestyle changes may help with weariness if the diagnostic process reveals no underlying medical cause for it:

- enhancing sleep patterns and guaranteeing enough sleep.
- exercising frequently and juggling relaxation and work.
- avoiding coffee and consuming lots of water.
- eating well to stay within a healthy weight range
- establishing schedule and workload requirements that are reasonable.
- taking some time to unwind, possibly practicing yoga or meditation.
- recognising stressors and addressing them, for as by taking time off work or resolving a relationship issue.
- avoiding using tobacco, alcohol, and illicit drugs.

OnHealth, Melissa Conrad Stöppler, MD (2021, January 22), *The 14 Most Common Causes of Fatigue*. Retrieved from https://www.onhealth.com/content/1/causes_of_fatigue

The article enumerates and explains all the factors that would cause the continuous fatigue feeling in everyday life: not enough sleep, sleep apnea, not enough fuel, anemia, depression, hypothyroidism, caffeine overload, hidden UTI, diabetes, dehydration, heart disease, shift work sleep disorder, food allergies, chronic fatigue syndrome. Taking everything into account, exhaustion can result from routine behaviors like sleep, water consumption, diet, and allergies, as well as from actual ailments that could be treated by visiting a doctor.

Livestrong.com, Jennifer Logan, MD, MPH (2021, October 31), *11 Causes of Sudden Extreme Fatigue or Exhaustion*. Retrieved from <https://www.livestrong.com/article/215422-what-are-the-causes-of-sudden-extreme-fatigue/>

"Fatigue is defined as tiredness, exhaustion or lack of energy precipitated by exertion or a stress. It's a subjective symptom and, unfortunately, we don't have objective measures on an exam, making fatigue one of the easiest or most difficult diagnoses I see during the day," Andrew Patane, MD, internal medicine doctor with NYU Langone Health, tells LIVESTRONG.com.

Be ready to respond to a lot of questions if you visit your doctor with complaints of exhaustion. When a patient complains of fatigue, Dr. Patane may inquire as to how long it has persisted, what may have caused it, and what other symptoms are present (fevers, night sweats, weight loss, sleep disturbances). Your response will help the doctor decide what diagnostic tests to order. However, all of these factors should be triggered on a long run in order to see the real causes that triggered it. Thus, they would need a detailed tracker that would help them see everything their body went through in a longer period of time.

Medical News Today, Deborah Weatherspoon, Ph.D., MSN (2022, August 10), *What causes fatigue, and how can I treat it?*. Retrieved from <https://www.medicalnewstoday.com/articles/248002>

In addition to making it difficult to get out of bed in the morning, fatigue can make it difficult to complete everyday chores. It may be brought on by a medical or mental health issue, medication use, chronic pain, or a variety of other factors.

Although there are differences between the two types of exhaustion, they frequently coexist. Physical tiredness that occurs frequently can eventually cause mental fatigue.

Fatigue can also result from poor sleep, particularly when it lasts for a long time. Adults are advised by experts to acquire 7-8 hours of sleep per night. However, according to some data, around 1 in 3 Americans claim that they do not get enough sleep.

Many people find that maintaining a healthy diet and engaging in regular physical activity can help them feel less tired. It also helps to address the underlying causes of fatigue, whether they be insufficient sleep or a medical issue.

When exhaustion compromises safety It turns into a public health issue. People who are really exhausted could behave in a similar way to drunk people.

In conclusion, fatigue can be a factor in influencing physical but also psychical health. It can be dangerous for you but also for the others if not treated.