

Soundbite Script – Getting a Wake-Up Call

Amy Henderson, Family Practice Physician Assistant, OSF HealthCare

“If you’re tired after long days of work it makes sense that you’re fatigued or tired, that’s okay. But when you’re so tired or so fatigued all the time and it’s hindering your day-to-day experiences, it’s affecting your work, your life, your happiness, those are times it should be checked out.”

Amy Henderson, Family Practice Physician Assistant, OSF HealthCare

“So chronic fatigue, feeling tired all of the time where it’s affecting your day-to-day life can be a serious problem. It’s definitely something you should go see your primary care provider to discuss. There can be a host of diagnoses, or problems or underlining conditions going on, including anemia, vitamin deficiency, underlying sleep apnea, mood disorder, depression, among so many more.”

Amy Henderson, Family Practice Physician Assistant, OSF HealthCare

“If you’re feeling tired all the time more times than you’re not feeling tired, that could be a sign. If you’re having a hard time driving home because you are so tired or you feel like you could fall asleep, that’s a huge sign. If you’ve slept so much and you still wake up tired and it’s hard to get out of bed that could be a sign that something else is going on to. If you’re doing activities that used to not be hard and now you’re getting tired or short of breath or exhausted or winded that’s time to get checked out, it could be something serious.”

Amy Henderson, Family Practice Physician Assistant, OSF HealthCare

“If you’re feeling tired or exhausted there are some things you can do in your life to try and feel better. Things include eating healthy, going to bed at a reasonable time, sleeping an appropriate amount of time, giving yourself time to relax, and take breaks throughout the day. Make sure you get enough exercise; it’s nice out now to go and get some sunlight.”