

Soundbite Transcript - Chronic Fatigue is Nothing to Sleep On

Dr. Syed Zaidi, Family Medicine, OSF HealthCare

“We know that viruses have been implicated in chronic fatigue syndrome. The diagnosis is more than six months of profound chronic fatigue so do we have patients coming near that six month point? They got this early and are just recovered from COVID, but their life still isn’t where it used to be and that is where this conversation is coming from.”

Dr. Syed Zaidi, Family Medicine, OSF HealthCare

“Fatigue is a vague symptom; it could be coming from a lot of different things. We have to properly investigate how long it’s been occurring, and ruling out secondary causes. Could it be sleep apnea, depression, a thyroid problem, could it be anemic? Those are to name a few. You have to talk to your doctor, get more specific about your symptoms, get the appropriate bloodwork, and basically it’s a process of elimination.”

Dr. Syed Zaidi, Family Medicine, OSF HealthCare

“Basically it is an immune response to what we know. It’s not testable but you can primarily look at microbiological conditions such as bacterial infections, viral infection, anything that stimulates that stress responder in your body can definitely do that. Prolonged illness, prolonged hospitalization, those are a few things that could potentially be a culprit or be start of what chronic fatigue could turn into.”

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“As long as mentally you are understanding what this disease is and what outcomes can have for you, we can get down to what aspects of your quality of life you’d like the greatest improvement from, and that’s where that discussion between you and your doctor is going to have to happen.”