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Lethargy vs fatigue difference

Chronic fatigue inhibits the functions and routines of everyday life and can be a symptom of several serious health conditions. Learn more about the possible causes of chronic fatigue and what you can do to overcome it. Advertising Malaise is a term often misused. The nonspecific symptom presents a variety of diseases and is hard to define: essentially, it is a feeling of pain or restlessness or that something is not right. The severity of the malaise depends on the cause. This ranges from mild to severe, and some experts believe it is caused by the activation of the immune response. Sickness is often confused with fatigue. Although the two may occur simultaneously, these are distinct symptoms. Sickness is a general feeling of discomfort that is non-specific and can be difficult to explain. It can appear with just about any health condition. Fatigue is the physical feeling of having no energy. Moreover, fatigue differs from exhaustion in which the rest cannot alleviate. Jamie Grill/Getty Images Since the malaise seems to be brought on by an immune response, it is often experienced during an infection. Some infections that cause malaise are short-term, such as flu, pneumonia, bronchitis, and viral colds. When the infection resolves, so do the symptoms. Other infections are long-term, such as HIV, hepatitis, and tuberculosis. They can cause ongoing malaise with or without flare-ups. Peter Dazeley/Getty Images Body Images has a complex reaction to infection. White blood cells produce antibodies that attack foreign bodies, such as bacteria and viruses, and cytokines to direct the immune response. The malaise and other symptoms of infection, such as fever, rashes, and headaches, are the result of the immune system responding to an infection. PeopleImages/Getty Images Heart and lung disease, such as congestive heart failure or COPD, can also cause malaise, especially as it progresses. Circulatory and respiratory systems work together to provide oxygen to tissues. When the tissues are not enough, the heart and lungs need to work harder. Anything interfering with oxygenation can cause malaise. Urban78/Getty Images Metabolic and endocrine diseases, including diabetes mellitus, adrenal gland dysfunction, and thyroid disease, also cause malaise. These diseases lead to the production of too many or too few key hormones. Many processes of the body can be affected depending on the hormone, including inflammatory responses, salt and water balances, and blood sugar. These abnormalities can cause malaise. hsyncoban/Getty Images Sickness can also be a symptom of cancer, including lymphoma, leukemia, and those with solid tumors. Studies show that among patients with advanced cancer, malaise was the most common symptom that suffering of the patient. Pain was also an important factor, but medication usually relieves this. A continuous feeling of malaise is more difficult to treat. FatCamera/Getty Images Anemia Images has more but each leads to a decrease in the number of red blood cells circulating through the body. People with anemia often feel tired and cold. Untreated anemia can lead to irregular heartbeat, heart failure, and a higher risk of infection, any of which can lead to a continuous feeling of malaise. maroke / Getty Images Malaise is a common symptom of depression. The exact cause of depression is unknown, but doctors believe that chemical changes in the brain and genetics contribute to factors. People with depression often see everything negative and feel tired and hopeless, lose their appetite, and sleep too much or not enough. Ongoing malaise is a sign of persistent depressive disorder that occurs when someone experiences depression in most days for at least two years. Josef Lindau/Getty Images Drugs have a lot of side effects. Some can cause malaise when taken alone or in conjunction with others. Some prescription drugs that are prone to cause malaise include antihistamines, anti-seizure drugs, psychiatric drugs, and beta-blockers and other heart medications. If stopping medication is not an option, the doctor may prescribe an alternative or adjust the dosage to try to mitigate the effects. Oleg Elkov / Getty Images Chronic Fatigue Syndrome (CFS) is a complicated disorder that experts do not fully understand. People with CFS experience extreme fatigue, which does not resolve with rest and does not have an underlying medical cause. One of the symptoms of CFS is post-effort malaise; symptoms worsen and persist between 12 and 48 hours after minor physical exertion. Peter Dazeley/Getty Images Lethargy is more than just feeling tired. People who have to wake up extra early to catch a flight or get home from work late after a grueling day often feel tired. Lethargy, however, is often prolonged and affects not only energy levels, but also motivation and ability to concentrate. Often lethargy is a symptom of a larger problem or disease. Lethargy is a low awareness and alertness associated with extreme fatigue. While lethargy is usually relatively mild, it can last a prolonged period and can be disruptive to a person's quality of life. Lethargy usually has a treatable underlying cause. The first step in treatment is to identify this cause. SolStock/Getty Images While lethargy and fatigue are often used interchangeably, they are not the same. Fatigue is a feeling of fatigue, lack of motivation, irritability, or drowsiness resulting from a period of physical or mental activity rather than a disease. The symptoms someone experiences with lethargy and fatigue are similar, but the causes are different. Katie/Getty Images Anemia Images occurs when the body does not have enough red blood cells to provide enough oxygen to the systems. There are several types of anemia, each with a different cause. Aplastic anemia develops when the body no longer makes enough red blood cells. Iron Iron Anemia results from low iron and vitamin deficiency of anemia from low folic acid, vitamin B12, and vitamin C. When the body does not get enough oxygen, lethargy and weakness are common. newannyart/Getty Images Anxiety and depression both cause changes in sleeping patterns, which can have significant effects on the body. People with these conditions often have relaxation problems and feel nervous and on edge for a great deal of time. Someone experiencing anxiety or depression may not get enough restorative sleep, leading to prolonged periods of lethargy, weakness, and general lack of motivation. Vladimir Vladimirov / Getty Images Emphysema is one of the factors contributing to chronic obstructive pulmonary disease (COPD), chronic inflammation of the lungs that leads to shortness of breath, increased mucus production, coughing and wheezing. Emphysema specifically affects the alveoli, small air sacs in the lungs, at the ends of the bronchioles. It occurs as a result of exposure to irritants such as cigarette smoke or other particles. COPD and emphysema make it difficult for the body to get enough oxygen, leading to lethargy. designer491 / Getty Images Lethargy is one of the defining symptoms of fibromyalgia, a disorder characterized by musculoskeletal pain and problems with mood and memory. Researchers believe fibromyalgia is caused by the way the brain interprets pain signals in the body. Research suggests that it may be linked to anxiety and depression, which may also contribute to the feelings of lethargy that accompany this condition. Hailshadow/Getty Images Heart Disease is not a single disease, but a number of conditions affecting the heart, including coronary artery disease, arrhythmias, and congenital heart defects. All these conditions affect the heart's ability to effectively pump blood containing essential oxygen and nutrients the body needs. Extreme lethargy can be a sign of heart disease, because this lack of sufficient blood flow deprives the body of the components it needs to function normally. baona/Getty Images Apnea images of sleep cause a person's breath to stop and start repeatedly while you sleep. There are different types of sleep apnea. Obstructive sleep apnea is the most common form and happens when the neck muscles relax during sleep, blocking the airways. Central sleep apnea occurs when incorrect signals are sent from the brain to the body, but the muscles used for breathing do not work properly. Apnea of complex sleep occurs when someone experiences a combination of the two. Lethargy is one of the main signs of sleep apnea, especially when the person feels lethargic, even after a night's sleep. tommaso79 / Getty Images Hormone Images are secreted in the blood and travel to every tissue in the body. They help the body to use energy and keep the organs functioning properly. Hypothyroidism occurs when the body does not produce enough thyroid hormone, which drastically affects the processing of energy. Lethargy is one of the main main Hypothyroidism. Interestingly, hyperthyroidism, when the thyroid produces excessive thyroid hormones, also causes fatigue as a result of sleep disorders from tachycardia, anxiety, and tremors. jarun011 / Getty Images Anyone who constantly gets a sleepy night and still feels lethargic in the morning should see their doctor to rule out any underlying problems. The cause of lethargy determines treatment. For example, if lethargy is due to hypothyroidism, the doctor will likely prescribe synthetic thyroid hormones. Supplements can be given to correct deficiencies that cause anemia and NIPAP or CPAP machines can correct sleep apnea. XiXinxing/Getty Images

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