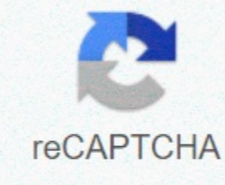




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## How long can post stroke fatigue last

Post-stroke fatigue is more than just feeling tired – there is a feeling of no energy, constant fatigue and dizziness. Even if you have recovered from a stroke, fatigue can still be a problem for you. Napping will not seem to help this kind of fatigue, as it tends to linger no matter how much rest you have received. It is likely that you will need to rest every day and will have a hard time taking part in daily activities. It can be extremely difficult on a stroke survivor, especially if friends and family do not pick up on the symptoms and genuinely do not understand how tired you are. Who is more likely to have post-stroke fatigue? There have been several studies trying to find out who is more likely to experience fatigue after a stroke, but this research is incomplete and requires more testing. One study shows that women, older people, and those who suffered from fatigue before their stroke are most likely to experience it. However, other studies show that younger people and those who were in shape before the stroke took place may also experience stroke-induced chronic fatigue. The point is that this is a very common post-stroke condition that almost all types of survivors will struggle with. What causes fatigue after stroke? Fatigue after a stroke is probably a mixture of physical and emotional factors. In the weeks and months after a stroke, the brain and body heal. This recovery process takes a lot of energy out of a person and can lead to months of chronic fatigue. This type of fatigue can range from mild to severe, but it does not depend on the severity of the stroke - that is, someone who suffered a severe and debilitating stroke may have the same or an even less amount of fatigue than someone who suffered a mild stroke. It all depends on your body and the healing process. Fatigue is common to look for various types of strokes, including hemorrhagic and ischemic. However, it is more likely to experience post-stroke fatigue than a transient ischemic attack (TIA). Stroke survivors are likely to experience some form of physical or mental disability after the event, due to brain damage. This can make daily activities difficult and reduce quality of life. As a result, you may feel low in energy due to these disabilities; For example, walking and talking can take more energy than they did before the stroke, which quickly leads to fatigue. Emotional problems such as depression and anxiety can also contribute to fatigue. There is an increased chance of depression and anxiety in stroke survivors, who have been shown to contribute to fatigue. There are several other factors that can contribute to post-stroke fatigue, including conditions such as sleep disturbances (insomnia), sleep-related breathing disorders (obstructive sleep apnea), deficiencies (anaemia), diabetes, an underactive thyroid or Relationship. There are also several medications that are associated with fatigue and can contribute to fatigue after a stroke. These include beta blockers for high blood pressure, drugs for epilepsy, analgesics and antidepressants. In recent research, fatigue is suggested to be associated with inflammatory cells and hormones, such as cortisol, which are thrown off balance after a stroke. How do I know if I have post-stroke fatigue? Unfortunately, there is no specific medication for post-stroke fatigue, but there are many things you can do to relieve the daily strain. The first step is to get a correct diagnosis from a stroke specialist to determine if there are other causes that can contribute to fatigue, such as medications, diseases, etc. This is usually done with a blood test and a physical evaluation. Before taking any drastic measures to get rid of fatigue, such as quitting a medication cold-turkey, discuss it with your doctor. How to deal with fatigue after stroke? Being exhausted all the time after a stroke is completely normal and more common than you think. Here are 5 steps you can take to help you cope and deal with fatigue: Your fatigue may not be obviously visible to other people, so they may not understand how tired you are. This can be frustrating, especially if they don't know how to help you. Give family and friends a fact sheet to better understand what's happening, or get them to read about how to care for a stroke survivor. Give yourself time to recover and be patient. It can take many months before fatigue begins to go away after a stroke. The more you push yourself, the more tired you will probably feel. Although it is important to participate in physiotherapy and rehabilitation during stroke recovery, it is not good to try too much too soon. Talk to your doctor about how much you should do every day to make sure you don't exhaust your body. Learn to pace yourself by taking the right breaks before or after doing things. Things like having a conversation, riding in a car, or eating a meal can be incredibly difficult on exhausted stroke survivors. It is important to listen to your body and rest when needed. Read up on proper rehabilitative exercises and activities that can help you regain movement and confidence. It is good to maintain a certain level of exercise, as this can help improve fatigue. Again, be sure to discuss any exercises with your doctor. Seek support! This condition can be very worrying and frustrating, especially when handled alone. Your doctor or occupational therapist can help you contact various types of support systems, such as a support group, counselor, relaxation program, exercise group, or alternative treatments. If you or a loved one has had a stroke, learn more about CBC Health's revolutionary stroke recovery treatment. us on +1 855 855 4623 or contact us via our website. Read through our frequently asked questions about stroke, treatment and recovery to learn more! Fatigue is fatigue that is not related to how active you have been and does not get better with rest. Fatigue is very common after stroke no matter how mild or severe stroke was. There are things you should check with your doctor and ways to deal with fatigue. Fatigue is a feeling of fatigue, fatigue or lack of energy. Fatigue can be brought on by activity, but it can happen even if you are not particularly active. Fatigue after stroke is not enhanced by rest. Fatigue is very common after stroke, with about half of survivors experiencing it. Fatigue can affect anyone, no matter how mild or severe their stroke. It is most likely to start in the first weeks after a stroke, but for some people it can start months later. For most people, fatigue improves with time, but it is difficult to predict. Remember fatigue can last longer than you expect, especially if you plan to return to work. Causes of fatigue The cause of fatigue after stroke is unclear. After a stroke, physical and mental activities may require more effort, which contributes to fatigue. Pain, poor sleep and difficulty breathing during sleep can also contribute to fatigue. While fatigue is different from depression, the symptoms of depression can include fatigue. Some medications taken after a stroke can contribute to fatigue. Nutritional deficiencies can also contribute to fatigue. Managing fatigue It is important to investigate and deal with anything that can contribute to fatigue. Talk to your doctor about pain, difficulty sleeping and mood. Also ask about medications and nutritional deficiencies that can contribute to fatigue. Balancing activity and rest Listening to your body and respecting the boundaries is important. Understanding what makes it worse and when it is most likely to happen will help. Do daily tasks in a way that uses less energy, such as sitting down to get dressed. Plan activities for when you have the most energy. Break activities into smaller tasks and rest in between. Try to spread activities throughout the day or week and schedule rest breaks. You can choose to prioritize activities and events that are most important to you. If you plan to return to work, consider starting part-time and increasing your hours gradually. It may be that pushing through fatigue to complete physical or mental activities can help recovery, but more research is needed. Understanding your body and how fatigue affects you will help you make decisions about how much to push. Pressing gently will most likely be best, as pushing too much can exacerbate fatigue. Exercise, Diet and Sleep Research suggests that exercise can help reduce fatigue. Even if you feel tired, do a little exercise every day. Even small amounts Help. Eat a healthy diet and drink enough water. Try to avoid alcohol that is sedative. Good sleep habits can help. Get up at the same time every day and get some early morning sun. Exposure to light when you first wake up helps to set the body clock. If you need a nap, have it earlier in the afternoon and try to hold it to 20 minutes. In the evening, do not ignore fatigue. Go to bed when your body tells you. Be sure to relax or relax at least an hour before bedtime. Talk to family and friends Fatigue after stroke is not well understood in society, and signs of fatigue are not always obvious to other people. Family and friends may not understand why you can't do things or attend events. It can help if you educate the people around you about fatigue. If someone offers you help, consider taking it instead of feeling like you have to do it all yourself. More help The Health Service at StrokeLine provides information, advice, support and referral. StrokeLine's practical and confidential advice will help you manage your health better and live well. Call 1800 STROKE (1800 787 653) Email [stroke@strokefoundation.org.au](mailto:stroke@strokefoundation.org.au) Join Australia's community of web teams with videos, fact sheets, resources and support for stroke survivors, their family and friends. [enableme.org.au](http://enableme.org.au) Find an Occupational Therapist: Occupational Therapy Australia 1300 682 878 [www.otaus.com.au](http://www.otaus.com.au)

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