

MEDICAL



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Q: Doctor Z, my aunt has multiple sclerosis and feels exhausted all the time. What could be the reason and is there any effective remedy?

A: Fatigue is an extremely debilitating symptom experienced by most people with multiple sclerosis.

This is usually due to a combination of factors including the disease process itself, sleep disturbance, depression, lack of exercise and heat sensitivity.

Other co-existing conditions such as thyroid dysfunction or iron deficiency would need to be ruled out. A comprehensive neurologic evaluation would help identify the contributory factors so that an appropriate treatment approach can be followed.

Simple measures such as daily breakfast, sufficient liquid intake and getting enough sleep would go a long way in combating fatigue. There are also several medication options that can be quite effective in treating this symptom.

You may visit kalamazoonervecenter.com for more information.

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