

What it might mean when you're more than tired

Sometimes fatigue is more than just fatigue. If it's accompanied by other troublesome symptoms, it could indicate more-serious health issues. See your doctor right away if you have any of these problems.

Fatigue plus	Could mean	Possible Treatment
Heavy periods	Anemia: Most commonly caused by iron deficiency	Increase iron in diet or with supplements
Difficulty exercising	Heart disease: The leading cause of death for women	Medication, surgery
A need to pee often, or excessive thirst	Diabetes: Affects 9.3 million women (half of all cases are women) and is on the rise; the risk of complications like heart disease is also more serious for women	Weight loss, change in diet, oral medication, insulin injections
Moodiness, loss of interest in things that give pleasure	Depression: Experienced by women at twice the rate of men	Counseling and/or medication
Weight gain	Low thyroid: Occurs when the endocrine gland that pumps hormones and regulates metabolism is underactive	Medication
Sore throat, swollen lymph nodes, low-grade fever	Chronic fatigue syndrome: Characterized by extreme exhaustion; rare, but affects women 4 times more often than men	Counseling, stress-management, antidepressants, alternative therapies
Fever, lumps under arms, groin, or neck	Lymphoma: A kind of cancer; many other types of cancer may cause fatigue, too	Surgery, radiation, chemotherapy