



# Newsletter

## FATIGUE AND BIOLOGICAL ASSESSMENTS

Compiled by: Cerballiance Editorial Board

### *The different types of fatigue*



Fatigue is the first reason for consultation with general practitioners. However, this general term covers very diverse origins, most often banal but sometimes more serious. Fatigue is to be differentiated from asthenia, a medical term, which corresponds to fatigue that is not improved by rest. Asthenia requires a consultation with your GP.

The very diverse realities of its symptoms thus require appropriate medical responses. Targeted biological analyses, prescribed by your doctor, and selected according to the problems experienced, can thus provide the first answers as to the origin of this fatigue or asthenia.

### *What do the terms fatigue and asthenia mean?*

A frequent symptom, fatigue is the first reason for consultation with general practitioners. However, this term covers very diverse origins, most often banal, sometimes more serious. These very diverse realities require appropriate medical responses.

Often confused terms, fatigue is to be distinguished from asthenia. Unlike fatigue, asthenia does not diminish with rest. It is a set of symptoms whose cause is most often organic, that is to say, linked to a disease or be a sequel after an acute pathology (an infection for example). Appropriate biological analyses, selected according to the disorders experienced, can thus provide the first answers as to the origin of this fatigue.

**DID YOU KNOW?**

**Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable.**

### *First step: talk to your Doctor*

During a consultation with your doctor, he will first ask you questions to better understand the origin of the disorder, such as:

- **What time of day?**
- **Since when?**
- **For what occasion?**
- **What is your way of life?**
- **Is your fatigue more physical, psychological, or sexual?**
- **Do you have a background?**
- **Do you take any treatments?**
- **Do you have fever or weight loss?**

You may have one or more of the symptoms mentioned. It is advisable to visit your doctor so that he/she can decide on the appropriate test.

If this questioning and auscultation cannot explain the origin of your fatigue, your doctor may prescribe a biological assessment generally including:

- **Harmful side-effects associated with PSA screening.** (E.g., Bleeding, Infection, Urinary incontinence are common.)
- **The PSA test should be used for screening only after a detailed discussion with the patient, ideally with the use of decision aids to facilitate comprehension of the pros and cons of screening for Prostate Cancer. The American College of Physicians (ACP) recommends screening using PSA only in those patients who express a clear preference for the test or in patients identified as high risk after clinical evaluation<sup>13</sup>.**
- **To complete this assessment, a full range of specialized analyses can be carried out in our laboratories: vitamin assessment, oxidative stress assessment, etc. The biologists in our laboratories will be there to guide you.**



1. Reference Source: <https://www.cerballiance.fr/fr/blog/prevention-nutrition/fatigue-et-bilans-biologiques>.