

Symptoms of fatigue



As a scleroderma patient you may be finding yourself suddenly experiencing a multitude of symptoms. One of them might be fatigue. Fatigue is defined as severe exhaustion but along with that definition patients describe being overwhelmed with many other feelings and symptoms. Below is a list of some of the signs and symptoms that scleroderma patients have shared they have experienced with their fatigue:

- Extreme periods of tiredness and overwhelming exhaustion
- Difficulty in concentrating
- Aching or sore muscles
- Abdominal pain with bloating and gas
- Nausea
- Diarrhea
- Constipation
- Lack of motivation
- Sadness
- Headaches
- Loss of appetite
- Poor concentration
- Indecisiveness
- Irritability
- Feeling moody and unable to express emotions properly
- Not thinking clearly
- Poor hand-eye coordination
- Brain fog
- Poorer immune system function
- Sleep issues
- Vision changes
- Refluxes are changes