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If you are suffering from rheumatoid arthritis and also suffering form this bone crossing fatigue, this video is for you. You might be tired of hearing from your doctor that your RA is doing well but deep inside you don't feel well. You are still suffering this fatigue which is not letting you enjoy your time with your family and friends.

And one of the main cause for this symptom is rheumatoid arthritis fatigue. So in this video, I will talk more about what is Rheumataid Arthritis Fatigue, how do we manage and what are those triggers that we need to avoid.

Stick around. Before I go deeper, don't forget to subscribe and like our videos so that more of you RA warriors can find those videos. Also, please accept my gift for this holiday season, and that includes a free copy of our The Holistic Rheumatoid Arthritis Guidebook.

And I have also created a special recipe for you, that is the No More R. A. Pain recipe, And that include a smoothie that you can make it every morning to fight against rheumator arthritis as well as the fatigue.

Hello, all of you RA warriors. This is Dr. Ananda Subedi, your rheumatoid arthritis course at The Room Doc. Today, I am going over an important topic in rheummatoids arthritis.

That is the rheuimatoide arthritis fatigue. Now, one of the first questions that you might have is, what is this rheumaoide arthritis fatigue?

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Now many people feel different type of symptoms when they feel fatigue, and I describe this as this heavy body sensation in your body. You might be feeling as if you are walking through a wet sand.

You have this loss of energy to do anything. Even though you get good sleep, you feel that you don't have that energy in your body. And some people even describe a deep sense of brain fog that could make you feel fatigue.

And, using an example of your cell phone, it might feel like you don't have enough battery in your phone. That is how it feels like. The rheumatoid arthritis make you feel so fatigued that you do not have energy to do anything.

Tha t severe could be the rheuptoide arthritis fatigue. Now, depending on your body, you might have different symptoms that might feels likes rheutatoide fatigue Now the next other important question you may wonder is, how common is rheoartifitis?

You might be surprised to see this number. Almost more than 50% of you could have this type of problem. So it's a very common problem among patients with rheumatoid arthritis.

But the challenging thing is, we don't truly appreciate the problem of this disease. For example, even as a rheumeatologist, when I see so many rheuimatoide arthritis patients, sometimes even I don' t ask the question, how much is your fatigue?

That's why it is very important for you to be aware so that you can make your rheumaotologist aware of these problems. Now let me also walk you through what are the risk factors that can increase your risk of fatigue in rheumatoid arthritis.

Unfortunately, it typically causes more problems in females. Now if you remember my older videos where I talk

about how common is RA in Females. And on top of it, females are the one who are most at risk of rheumatoid arthritis fatigue.

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Hence, it becomes a major problem in women. The other major risk factor is high rheuratoids arthritis disease activity. What does that mean? If your RA is not well controlled, you are at much higher risk for having fatigue, hence it is very important to treat your RAs very aggressively as a way of managing your fatigue Now the other important risk factor is underlying anxiety, depression or any other mental issues.

This condition itself can cause fatigue and compounded by RA, things get much worse. Other one is obesity. If you are overweight, that significantly increases your risk of having fatigue with rheumatoid arthritis.

Hence, we need to understand these risk factors so that we can later talk about modifying these factors. Now let's also talk about why I am talking about rheumatoid arthritis fatigue today.

Because it's a major problem in rheuatoide arthritis management. Now here are some of the factors that are so important on why we need to talk bout fatigue in Rheumataid Arthritis.

And one of major one is it has a mazer impact in your overall quality of life. As humans, we need to have a good quality of life. We need enjoy our time with our family, with out friends, and we do what we really like to do, to enjoy out life, but because of fatigue we cannot do those things, so it significantly impacts your quality life Now the other one is your societal impact, what it means by societal is if you are having rheumatoid arthritis fatigue, you may not be as productive You may not be able to perform your job duties and that significantly impact your overall productivity in the society.

Talking about why this is so important, let me also highlight one of the other important factors is the treatment challenges. If you have underlying RA, if you severe fatigue, sometimes the management of rheumatoid arthritis has become very challenging.

Many of our medications that we use, including disease-mortifying anti-rheumatic drugs or even biologics, they work very well in managing RA, but they may not significantly impact your fatigue.

Hence, we need to find some other ways on how we effectively manage fatigue in rheumatoid arthritis. Now, let's better understand why you are having this rheumatoid arthritis fatigue.

Let's understand what is happening in your body when you have fatigue due to rheuomatoids arthritis.

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There are multiple things happening your in body that can contribute to Rheumataid Arthritis Fatigue. And one of the most important one is inflammation.

Now you might have heard this term inflammation in other videos when we talk about rheutomaids. In rheumatoid arthritis, the primary problem is your immune system is hyperactive, your confused immune systems is causing inflammation, and when you have inflammation your body make molecules or protein, we call them cytokines.

Now the cytookines, I also call the tired chemicals and why I call it tired chemical is This is the chemical that can contribute to the symptoms of fatigue.

We call them TNF or tumor necrosis factor. Other one is IL6 also called interleukin 6 and IL1. So these are the chemicals that are contributing to this symptom of fatig.

And if you remember or if are on any of those medications for rheumatoid arthritis, you may remember some of the molecules or some other medication, they block these chemicals.

That can help manage rheuimatoide arthritis symptoms. Now, we also call them sickness behaviors. Now this tired chemical also make you to feel like sick.

That's why I call it sickness behavior. These chemicals, the cytokines, are the primary drivers of inflammation in rheumatoid arthritis. Hence, when we treat rheuma arthritis with these medications, then that can help manage fatigue symptoms as well.

One of the most important thing we need to remember is inflammation is a key driver in causing fatigue. Now the other important one is the RA fatigue is also due to brain and mood changes.

Many of you who have rheumatoid arthritis you might feel fatigue, you may feel depressed and anxious and that might be contributing to your fatigue symptoms.

And what is happening is RA and the inflammation can cause over sensitive stress and pain center in your body, in you brain. When your brain is over-sensitive, it can lead to a condition called fibromyalgia, which is another condition commonly associated with rheumatoid arthritis, Which is significantly known to contribute to the symptoms of RA fatigue.

The RA can directly cause is causing this muscle and fitness problem. And, what does that mean? pain can lead to less movement in your muscles you will be less active you'll do less exercise when you are exercising less that can directly contribute to the more fatigue problem hence inflammation leading to muscle pain or decrease fitness of your muscle causing pain and then more fatty problem and other one is medications Unfortunately, many of the medications that we use to treat rheumatoarphitis, they have side effects, particularly methotrexate is known to have fatigue problem.

We try to use medication to counter the inflammation, but they can itself can cause fatigue problems. Hence is a challenging problem in how we manage rheuptoarthritis because of this fatigue related with medications.

Now, all the questions that might come up in your mind is, what are the triggers for RA fatigue?

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And I have highlighted some of the most important things that can cause or that trigger rheumatoid arthritis fatigue. Now let's start with the more important one.

We call active inflammation. we also call flares. Flare are those episodes where your RA symptoms is significantly worse. You are more pain, you have more swelling and more signs of inflammation.

The other one is your broken sleep. If you don't get good sleep, on those days you are fatigued and achy. Hence, not getting good or broken is one of the major causes of RA fatigue.

And then also comes the extra weight. So weight, extra-weight, or obesity is one of the major contributing factors for fatigue in rheumatoid arthritis.

When we talk about how we manage our fatigue, weight management becomes an important part of our treatment plan. Now, other comes the stress and worry and the low mood.

As we discussed earlier, RA is commonly associated with anxiety, depression and low-mood, which is another common trigger for causing RA fatigue. Now there are few other conditions or other medical conditions that can also contribute to the symptom of fatigue And here are some of the important one.

Anemia where your hemoglobin is typically low, that is a significant problem in chronic condition like rheumatoid arthritis. That can also contribute to your RA fatigue.

If you have an underlying thyroid condition where you're thyroid is not functioning well, That could also directly contribute or trigger rheuptoid fatigue Then comes fibromyalgia which is another condition commonly associated that can also trigger rheumatoid arthritis fatigue.

And last but not the least, the sleep apnea. If it is undiagnosed, untreated sleep Apnea can cause fatigue problem in rheuptoide arthritis. So let's quickly understand what are those triggers including active inflammation which we call flares, a broken sleep or sleep related problems, extra weight that also contribute to the fatigue, stress, depression and anxiety is a major contributor to fatigue a trigger and then comes the other medical condition that can also Contribute to the symptoms of fatigue all of you are a warriors Thank you so much for sticking with me so far and I'm hoping that you have learned something about RA fatigue and this is the most important section of this video if you could recall one of the Most important trigger, and the contributing factor for rheumatoid arthritis fatigue is Rheumatoid Arthritis, or active inflammation.

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Hence, one of the most effective ways of managing rheumatitis fatigue is treating your rheummatoids with a safe and effective medication. hence you to work very closely with your rheumatologist to treat your Rheumatoid Arpha as well.

Now you might wonder how do I do it and the way we could do is setting a goal and goal for rheuomatoids arpha treatment is to achieve disease remission or low disease activity and what does that mean that means you have minimal symptoms minimal signs of inflammation and your blood marker are also showing those inflammatory markers being normal like sedimentation rate and the C reactive protein and you're primary care doctor your rheumatology will help you get to the disease intermission and if we get into this intermissions we can significantly manage rheuma surface fatigue ???? ? ????? ? ? ? ? is to bring the disease under good control and that is done by using all of those medications that we have discussed in the previous videos but don't forget the power of lifestyle changes and going back to those lifestyle challenges don t forget our framework the nescar framework nutrition exercise, sleep, stress management and then checkpoint with your doctor, checking regularly with you doctor and the blood test, avoiding risky substances like smoking which can trigger rheumatoid arthritis and excessive alcohol and as well as creating a positive relationship with yourself, with family and friends.

Don't forget the power of these lifestyle interventions. By incorporating those lifestyle changes and the treatment of Rheumatoid Arthritis, we can fight this battle against RHE and RHA fatigue.

All of you Rhea warrior, thank you so much for being with me today and I hope you learned more about RHe fatigue and i hope it was helpful. Please like and subscribe so that other RA warriors also benefit from this content and please support in our effort on fighting against rheumator arthitis We have a big goal for 2026 to reach up to 100,000 RA warriors by the end of 2027.

So please support us in this mission and I'll see you in the next video. Bye bye.