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RE: Nola Bolla

Nola has been feeling tired lately. Fatigue is a general feeling of weakness, the tendency to get tired easily, and difficulty concentrating and remembering things. Fatigue and lack of energy can have many causes. We will consider the various possible causes and try to understand what is making her feel fatigued.

Often fatigue is not due to a disease process. Overexertion, insufficient or poor sleep, poor physical conditioning, poor nutrition, obesity, medication side effects, and emotional stress can all cause fatigue but are not diseases. A careful assessment of Nola's lifestyle may show that one or more of these factors is either causing her to feel fatigued or aggravating her fatigue.

We are going to run some tests to assess possible underlying causes for Nola's fatigue. Meanwhile, think about her sleeping habits, anxiety and stress in her life, how much alcohol she drinks, and whether or not she might be feeling depressed.

I recommend good sleep hygiene: 1) going to bed only when sleepy; 2) using the bed only for sleeping and sex; 3) if still awake after 20 minutes in bed, leaving the bedroom; 4) getting up at the same time every morning regardless of how much sleep you've had; 5) avoiding napping during the day; 6) discontinuing all alcohol, caffeine, and nicotine (at least in the evening); 7) exercising daily and practicing relaxation techniques.

There are some treatments we can begin prior to getting our test results. These are things that will likely have a beneficial effect and do not have significant negative side effects.

Please note that this letter is only an informational guide and a summary of the things we discussed. It does not take the place of first-hand medical diagnosis and treatment. Thank you for coming in today.

Sincerely,

Dr. Morin