



The Medical **Bulletin**

In Diabetes

Diabetes Fatigue Syndrome (DFS)

Fatigue is a frequently encountered symptom in patients with Diabetes Mellitus (DM). It is often attributed to uncontrolled DM but, actually is a multifactorial syndrome of fatigue or easy fatigability due to various non-endocrine and endocrine factors. Non endocrine Diabetes Fatigue Syndrome involves lifestyle, nutritional and medical factors whereas Endocrine DFS are due to gluco-endocrine factors. Fatigue could also be a presenting symptom of Heart Failure (HF) in DM patients and so fatigue with breathlessness and inability to do the regular exercise, should be investigated for HF.

Diabetes Fatigue Syndrome (DFS) should be evaluated with detailed history including dietary, sleep pattern and lifestyle, psychological assessment (to rule out depression), screening for substance abuse and any medical or endocrine comorbidity, and glycemic status. Management of DFS is multifaceted and requires a holistic approach. It includes enhancing of coping skills and self-perception and minimizing discomfort; a healthy lifestyle including a balanced diet, physical activity regime, stress control and a good sleep pattern; and an effective focus on euglycemic but at the same time minimizing hypoglycemia and glycemic variability.

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