

# **JIM C – HEALTH TERMS**

## **MONDAY - 10/26/2009**

**Fatigue is a common health complaint; it is a symptom reported by the patient, not a medical sign that is observed by others.**

### **HOW DID THE TERM “*FATIGUE*” ORIGINATE?**

***Definition (Encarta):* The temporary inability of an organ or body part such as a muscle or nerve cell to respond to a stimulus and function normally after continuous activity or stimulation.**

***AKA:* Exhaustion, lethargy, languidness, languor, and listlessness**

***Origin (Online Etymology):* 1669, from French *fatigue* "weariness," from *fatiguer* "to tire," from Latin *fatigare*, originally "to cause to break down," later, "to tire out," from reconstructed adjective \**fati-agos* "driving to the point of breakdown".**

**Fatigue is common. Around 20% of Americans claim to have fatigue intense enough to interfere with their having a normal life.**

- ***Temporary Fatigue:* A minor illness like one part of the sickness behavior response when the immune system fights an infection.**
- ***Chronic Fatigue* (six months or more): A symptom of a large number of more serious conditions like cancer, depression, autoimmune diseases, sleep & eating disorders, and heart disease.**

**Conventional Wisdom: Fatigue = Lack of Energy & Motivation**

**Moment of Zen: Fatigue isn't the same thing as sleepiness**