



## Fatigue in Women

*Identifying underlying  
causes for improved well-being*



Fatigue is a persistent, overwhelming sense of exhaustion that not only impairs your ability to complete daily tasks but also affects your emotional well-being. It can result from lifestyle factors such as excessive alcohol consumption, inactivity, certain medications, or sleep disorders, as well as medical conditions like diabetes and thyroid dysfunction.

Women are particularly vulnerable to fatigue due to factors such as menstrual cycles and pregnancy. Fatigue can lead to decreased productivity, social withdrawal and even depression. Identifying its underlying causes is essential for effective management.

## Symptoms Associated with Fatigue

Fatigue affects more than just your physical energy. Below are several ways it may influence different aspects of your well-being:

### Physical Symptoms

- Lack of energy and exhaustion
- Muscle aches and weakness
- Joint pain, headaches, nausea and constipation

### Cognitive Symptoms

- Brain fog and lack of motivation
- Difficulty concentrating and with memory
- Impaired decision-making abilities

### Emotional Symptoms

- Anxiety and depression
- Low tolerance for stress
- Increased irritability

### **Behavioural Symptoms**

- Loss of appetite
- Avoidance of social activities
- Decreased productivity at work and home

### **Testing for Medical Causes of Fatigue**

Clinical Labs offers a “Fatigue in Women” panel of blood tests that doctors can order to help diagnose and guide treatment for patients experiencing fatigue, including:

#### **Thyroid Function Tests**

Thyroid dysfunction (hypothyroidism or hyperthyroidism) can cause fatigue by affecting hormone production. These conditions can be diagnosed through thyroid function tests and managed with hormonal therapies.

#### **Glucose Levels**

Fatigue may signal diabetes or pre-diabetes. Fasting glucose or HbA1c tests help detect these conditions early, guiding treatment for both fatigue and metabolic issues.



### **Full Blood Examination (FBE)**

FBE can identify conditions causing fatigue, such as iron-deficiency anaemia, linked to chronic blood loss (e.g., heavy periods or gastrointestinal bleeding), vitamin deficiencies, chronic diseases, and, rarely, blood cancers.

### **Iron Studies**

Iron studies detect iron-deficiency anaemia or haemochromatosis (iron overload), guiding treatment through diet, supplements or further investigation.

### **Vitamin B12 and Folate Levels**

Deficiencies in these vitamins can cause fatigue, often due to poor dietary intake or malabsorption (e.g., coeliac disease).

### **Vitamin D Levels**

Vitamin D deficiency is linked to chronic fatigue, musculoskeletal pain, and weakness, often due to limited sun exposure, diet or absorption issues.



## When to See Your GP

If you've been experiencing fatigue for more than two weeks, it's important to book an appointment with your GP.

Fatigue can be a symptom of an underlying health condition, and early detection is essential for effective management. During your appointment your doctor will assess your symptoms, lifestyle and any medications you're taking to identify potential causes. They may also recommend appropriate pathology tests to further investigate the causes of your fatigue.

## Where to Have Your Pathology Test

After receiving a request form from your GP, you can visit any of our 1,300+ Clinical Labs collection centres located throughout Australia for your pathology tests. We accept all pathology request forms.



For collection  
centre locations, visit  
[clinicallabs.com.au/location](http://clinicallabs.com.au/location)  
or scan the QR code.

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