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Doctor, Why Am I So Tired?: Discover and Overcome the Hidden But Real Medical Causes of Chronic Fatigue

Richard N. Podell

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Tired of feeling tired? Now there's hope. With "new" conditions such as Epstein-Barr virus syndrome making the headlines, it's not surprising that Americans make ten million doctor visits each year seeking relief from fatigue. Unfortunately, they don't always get help: doctors often see tiredness as a complaint, rather than a medical condition.
DOCTOR, WHY AM I SO TIRED? is the first comprehensive guide to the medical causes of fatigue, designed to bridge the gap for both patients and doctors.
Discover and overcome the hidden but real causes of chronic fatigue such as:
* Physical illness -- from anemia to hepatitis
* Psychological disorders -- including stress, depression, and sleep disorders
* Nutritional problems
* Medicinal side effects
* Environmental health issues
Dr. Richard N. Podell, a pioneer in the treatment of fatigue, provides a Health History questionnaire to help identify the symptoms that can point to possible undelying causes. He also discusses how to select a physician and the benefits and risks of proposed treatments.

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