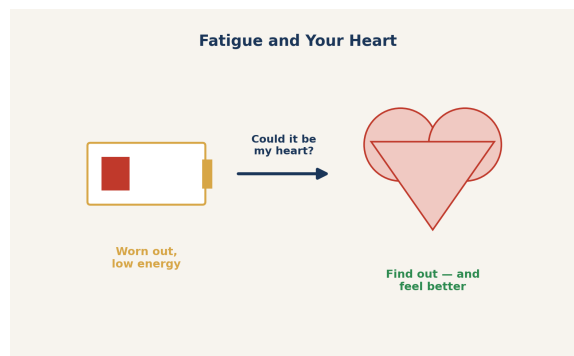


Understanding Fatigue and Your Heart

Why Am I So Tired — Could It Be My Heart?

Tiredness has many causes. Some come from the heart — and most can be treated.



Online: <https://go.riasalimd.com/fatigue-guide>

Rias KS Ali, MD FACC

Board Certified in Interventional Cardiology & Cardiovascular Disease

4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 |
RiasAliMD.com

Last Updated: August 2026



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>

1 of 20 | Page



Save
Contact Info

Names & Terms You Will Hear

Term	Meaning
Fatigue	Feeling very tired or worn out that rest does not fully fix.
Exercise intolerance	Getting tired or winded with less activity than before.
Low energy / tiredness	Everyday words for the same feeling.
Exertional fatigue	Tiredness that shows up mainly with activity.
Cardiac fatigue	Tiredness caused by a heart problem (a weak pump, rhythm, or valve).
Low cardiac output	The heart pumps less blood, so muscles get less fuel and tire fast.
Ejection fraction (EF)	The percent of blood the heart pumps out with each beat.
Deconditioning	Being out of shape — a common, very fixable cause of tiredness.
Anemia	A low blood count, the most common non-heart cause of tiredness.

Get seen right away if your tiredness comes with **chest pain or pressure, sudden or severe shortness of breath, fainting, or a racing or very slow pulse**. For chest pain or trouble breathing, **call 911 — do not drive yourself**.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

What Is Fatigue and Your Heart?

- Fatigue means feeling worn out or low on energy in a way that rest does not fully fix. It is one of the most common reasons people see a doctor.
- Most tiredness is NOT from the heart. Common causes include a low blood count (anemia), thyroid problems, poor sleep or sleep apnea, depression, stress, and being out of shape.
- But the heart CAN cause fatigue. When the pump is weak, the rhythm is too slow or too fast, or a valve is tight or leaky, the body gets less blood and you feel tired.
- A weak pump is measured by ejection fraction (EF) — the percent of blood squeezed out each beat. A normal EF is about 55 to 70%. A low EF means less blood is pumped, so muscles tire fast.
- Heart fatigue often comes WITH other clues: breathlessness, swelling in the legs, chest discomfort, or a racing or very slow pulse.
- Tiredness can also be a side effect of heart medicines such as beta-blockers, especially in the first few weeks.
- Sorting out the cause is the whole point. Most causes — heart and non-heart — can be treated once we find them.

Why Am I So Tired? Two Big Buckets

Heart-Related (Cardiac)	Not the Heart (Other)
Heart failure / weak pump (low EF)	Low blood count (anemia)
Too-slow or too-fast heart rhythm	Thyroid problem (low or high)
Tight or leaky heart valve	Sleep apnea / poor sleep
After a heart attack	Depression or anxiety
Heart medicine effect (beta-blocker)	Out of shape (deconditioning)

Two big buckets. Most tiredness lands in the right-hand column (not the heart). The left-hand column lists the heart causes we look for — especially when red-flag clues are present.

Cause to Clue to Check — Heart and Non-Heart Tiredness



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

Cause	Clue that points to it	How we check
Weak pump (heart failure)	Breathless, leg swelling, worse lying flat	Echo (EF), BNP blood test, exam
Slow or fast rhythm	Racing, pounding, or a very slow pulse; near-fainting	ECG, wearable heart monitor
Tight or leaky valve	Breathless on effort, a heart murmur	Echo (ultrasound), exam
Heart medicine effect	Tiredness began after a new or higher dose	Review of your medicine list
Anemia (low blood count)	Pale, breathless, sometimes heavy periods	Simple blood count (CBC), iron tests
Thyroid problem	Cold, weight change, dry skin, slow or fast pulse	Thyroid (TSH) blood test
Sleep apnea / poor sleep	Snoring, gasping at night, sleepy by day	Sleep study, sleep history



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
 4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
 Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

Why It Matters

- Fatigue is sometimes the **FIRST** sign of a heart problem, before chest pain or swelling. This is more common in women, older adults, and people with diabetes.
- Heart failure often shows up as tiredness and getting winded easily, not as a dramatic event. Caught early, it is very treatable.
- A too-slow heart rhythm can rob you of energy. The fix may be as simple as a pacemaker. A too-fast rhythm can also wear you out.
- A tight or leaky valve can cause tiredness for years before it is found. Fixing the valve can restore energy.
- Treating the real cause works. People with anemia, thyroid disease, or sleep apnea often feel like themselves again once it is treated.
- Ignoring fatigue with red-flag clues can delay care for a serious heart problem. When in doubt, get checked.

Tired AND One of These? Point It Toward Your Heart

☐	Short of breath	with light effort or when lying flat
☐	Swelling	in the ankles, legs, or belly
☐	Chest pain or pressure	or pain in the jaw, neck, or arm
☐	Racing or pounding heart	or a very slow pulse
☐	Dizzy or near-fainting	or you have fainted
☐	Sudden drop in stamina	you can do far less than a month ago

Tiredness PLUS any of these clues points toward the heart. If you check one or more boxes, tell your doctor — these are the patterns that earn a heart workup.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

When Fatigue Is the Heart

- **Weak pump (heart failure / low EF):** the heart squeezes less blood out each beat, so muscles get less fuel and you tire fast. Often comes with breathlessness and swelling. [See our Heart Failure \(HFrEF\) guide.](#)
- **Too-slow rhythm:** a slow pulse (bradycardia) means less blood moves per minute, leaving you drained and sometimes dizzy. A pacemaker can fix it.
- **Too-fast or irregular rhythm:** a racing heart (such as atrial fibrillation) is an inefficient pump and wears you out.
- **Tight or leaky valve:** a narrowed or leaking valve makes the heart work harder for less output, so fatigue can build slowly over years.
- **After a heart attack:** damaged muscle can lower the pump's strength, and tiredness may linger during recovery.
- **Heart medicine effect:** beta-blockers and some other heart drugs can cause tiredness, usually early on or after a dose increase. [See our Beta-Blockers guide.](#)



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

When Fatigue Is NOT the Heart

- **Anemia (low blood count):** the most common medical cause. Less oxygen is carried, so you tire and may feel breathless. Often from low iron or blood loss.
- **Thyroid problems:** an underactive thyroid slows you down; an overactive one can race the heart. Both cause fatigue and are easy to test for.
- **Sleep apnea and poor sleep:** breathing pauses at night wreck sleep quality and leave you exhausted by day — and they also strain the heart. [See our Sleep Apnea guide.](#)
- **Depression and anxiety:** low mood and stress are real, common, treatable causes of constant tiredness.
- **Deconditioning:** being out of shape makes everyday effort feel hard. A gradual exercise program rebuilds stamina.
- **Medication and lifestyle:** many non-heart medicines, alcohol, dehydration, and skipped meals can all sap energy.
- **Other illnesses:** diabetes, kidney disease, infections, and vitamin shortfalls can each cause fatigue. [See our Diabetes and the Heart guide.](#)

Fatigue can be the first heart symptom. Especially in women, older adults, and people with diabetes, unusual tiredness — not chest pain — may be the earliest sign of a heart problem. Trust a real change in your energy and get it checked.

How Worried Should I Be? Match Your Pattern

GREEN - Likely Not the Heart	YELLOW - Get Checked Soon	RED - Get Seen Now
• Tired but no breathlessness • No swelling or chest discomfort • Pulse feels normal • ACTION: improve sleep, move daily; mention it at your next visit.	• New or worsening tiredness over weeks • Winded with light effort • Mild ankle swelling • ACTION: call the office to be evaluated this week.	• Chest pain or pressure • Severe breathlessness or at rest • Fainting; racing or very slow pulse • ACTION: call 911 — do not drive yourself.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

Risk Factors

Some patients are more likely to develop this condition. Knowing your risk helps your care team take extra precautions.

Risk Factor	Why It Increases Risk
Known heart disease	A prior heart attack, heart failure, or valve disease makes a cardiac cause of fatigue more likely.
High blood pressure	Years of high pressure can stiffen or weaken the heart, leading to tiredness and breathlessness.
Diabetes	Doubles heart-failure risk and can cause silent heart disease, so fatigue deserves a closer look.
Atrial fibrillation or other arrhythmia	An irregular, fast, or slow rhythm lowers the heart's output and is a common cause of new tiredness.
Sleep apnea	Causes daytime tiredness on its own AND strains the heart, raising blood pressure and AFib risk.
Anemia or heavy menstrual bleeding	A low blood count means less oxygen carried, so you tire quickly and may feel breathless.
Thyroid disease	Both an underactive and overactive thyroid cause fatigue and change the heart rate.
Older age	Heart and valve problems become more common with age, and fatigue may be the main symptom.
Certain medicines	Beta-blockers and some blood-pressure drugs can cause tiredness, especially when first started or after a dose increase.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>

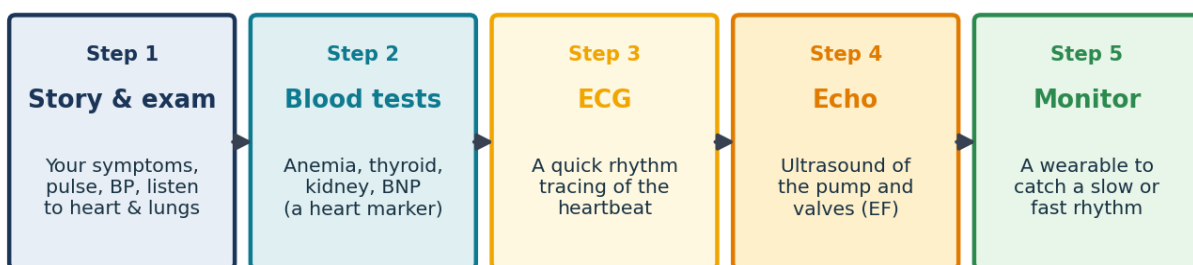


Save
Contact Info

Treatment Options

- **Find the cause first.** The right treatment depends on whether the fatigue is from the heart, from another illness, or from lifestyle and sleep.
- **Heart failure / weak pump:** medicines that strengthen the heart and remove extra fluid often bring energy back within weeks. [See our Heart Failure \(HFrEF\) guide.](#)
- **Slow rhythm:** a pacemaker may be needed if a slow pulse is causing the tiredness.
- **Fast or irregular rhythm:** medicines, a procedure (ablation), or rate control can restore energy.
- **Valve problem:** a tight or leaky valve may be repaired or replaced, which can lift fatigue.
- **Medicine side effect:** if a beta-blocker or other heart drug is the cause, we may adjust the dose or switch — never stop on your own. [See our Beta-Blockers guide.](#)
- **Anemia:** treat the cause (iron, blood loss, diet) to raise the blood count.
- **Thyroid:** thyroid medicine restores normal energy in most people.
- **Sleep apnea:** a CPAP machine treats it and protects the heart. [See our Sleep Apnea guide.](#)
- **Deconditioning:** a gradual walking or cardiac-rehab program rebuilds stamina safely.
- **Depression or anxiety:** counseling, exercise, and sometimes medicine help when low mood drives the tiredness.

How We Look for a Heart Cause



The workup is step by step. Most people need only the first few steps. An echo and a wearable monitor are added when the story or exam points to the heart.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

What the Workup Looks Like

- **Story and exam:** we ask when the tiredness started, what makes it better or worse, and what clues come with it — then check your pulse, blood pressure, and listen to the heart and lungs.
- **Blood tests:** a blood count (for anemia), thyroid (TSH), kidney function, blood sugar, and sometimes BNP — a marker that rises in heart failure.
- **ECG:** a quick, painless tracing of the heartbeat to look for a slow, fast, or irregular rhythm and signs of past heart damage.
- **Echocardiogram:** an ultrasound of the heart that shows the pump strength (EF) and checks the valves. Added when the story points to the heart.
- **Wearable monitor:** a patch or device worn for days to weeks to catch a rhythm that comes and goes.
- **Next steps if needed:** a stress test, a sleep study, or a referral, depending on what the first tests show.

When Fatigue Means Advanced Heart Care

- Most heart-related fatigue improves with medicines, a device, or a valve fix. But deep, constant tiredness despite full treatment can be a sign of advanced heart failure.
- Warning signs include tiredness at rest, needing to stop after a few steps, frequent hospital stays, and swelling that is hard to control.
- Specialized options exist for this stage, including advanced medicines, pumps, and transplant evaluation. [See our Advanced Heart Failure guide.](#)
- The earlier we recognize this pattern, the more options you have — so report fatigue that is not improving.

Do not stop your heart medicine on your own. If a beta-blocker or other heart drug seems to be making you tired, call us. Stopping suddenly can be dangerous; we can lower the dose or switch the drug while keeping your heart protected.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

Comfort Measures at Home (No Medication Needed)

These simple steps support healing and ease symptoms. Use them alongside any medication your doctor prescribes.

- Keep a simple energy diary for two weeks: when you feel most tired, what makes it better or worse. Bring it to your visit.
- Aim for 7 to 9 hours of sleep on a steady schedule. Poor sleep is one of the most common and most fixable causes.
- Move a little every day. Even short, gentle walks fight deconditioning and lift energy over time.
- Eat balanced meals with iron-rich foods (lean meat, beans, leafy greens) if anemia is a concern.
- Limit alcohol and avoid heavy meals late at night — both hurt sleep quality.
- Cut back on caffeine after midday so it does not disturb your sleep.
- Pace your day: spread hard tasks out and rest before you are wiped out, not after.
- Take any heart or thyroid medicine exactly as prescribed, at the same time each day.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

Risks, Benefits, and Alternatives

Every choice has trade-offs. Use this table to start the shared decision conversation.

Option	Risks	Benefits	Alternatives
Full workup (labs, ECG, echo)	Time and cost of testing. Some results lead to more tests. Mild discomfort of a blood draw.	Finds treatable causes — heart, thyroid, anemia. Peace of mind when the heart checks out fine.	Watchful waiting with lifestyle changes if no red flags are present.
Heart monitor (wearable)	Minor skin irritation. You wear it for days to weeks. May not catch a rare rhythm.	Catches a slow or fast rhythm that comes and goes — often the hidden cause of tiredness.	A single ECG in clinic, but it only captures one moment.
Adjust or switch a heart medicine	Symptoms could change while adjusting. Needs follow-up.	Can remove a medicine-caused fatigue while keeping heart protection.	Stay on the current dose if the benefit outweighs the tiredness.
Treat the non-heart cause	Depends on the cause (iron, CPAP, thyroid pill). Each has its own small risks.	Often restores normal energy fully — anemia, thyroid, and apnea are very treatable.	Lifestyle change alone for milder cases, with re-check.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

Common Misconceptions

Myth	Reality
Feeling tired all the time is just part of getting older.	Aging slows us a little, but constant fatigue is not normal. It often has a cause we can find and treat.
If I were having a heart problem, I would have chest pain.	Many heart problems show up as tiredness or breathlessness with no chest pain — especially in women and older adults.
My tiredness is from the heart, so exercise is dangerous.	For most causes, gentle activity helps. We guide safe exercise, and cardiac rehab is supervised and proven to help.
There is nothing that can be done about fatigue.	Most causes — heart failure, anemia, thyroid, apnea, deconditioning — are very treatable once found.
My beta-blocker makes me tired, so I should stop it.	Never stop a heart medicine on your own. We can adjust the dose or switch the drug while keeping your heart protected.
Only a weak pump can cause heart-related fatigue.	A slow or fast rhythm and a tight or leaky valve can each cause tiredness, even when the pump squeeze looks normal.
A normal heart test last year means my heart is fine now.	Heart conditions can develop over months. New or worsening fatigue with red-flag clues deserves a fresh look.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

Possible Complications

Knowing what can go wrong helps you spot problems early. Most complications are uncommon, especially with treatment.

Where / What	What Can Happen
Missed heart failure	Tiredness brushed off as 'just stress' can delay heart-failure care. Caught early, it is far easier to treat.
Missed slow rhythm	An unrecognized slow pulse can lead to fainting and falls. A pacemaker often fixes it.
Missed valve disease	A tight or leaky valve found late can strain the heart. Earlier repair gives better results.
Untreated sleep apnea	Raises blood pressure and the risk of atrial fibrillation, heart failure, and stroke over time.
Untreated anemia	Makes the heart work harder and can worsen any existing heart disease.
Falls and injury	Fatigue plus dizziness raises the risk of falls, especially in older adults.
Low mood and isolation	Long-standing fatigue can feed depression and pull people away from activity and friends.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

Points to Know

If you remember nothing else, remember these key points.

- Most tiredness is not from the heart — but the heart is worth checking when red-flag clues are present.
- Red-flag clues: fatigue WITH breathlessness, leg or belly swelling, chest discomfort, or a racing or very slow pulse.
- Heart fatigue can come from a weak pump, a slow or fast rhythm, a valve problem, after a heart attack, or a medicine side effect.
- Common non-heart causes — anemia, thyroid disease, sleep apnea, depression, and being out of shape — are all very treatable.
- The workup is straightforward: a story and exam, blood tests, an ECG, often an echo, and sometimes a wearable monitor.
- Never stop a beta-blocker or other heart medicine on your own; call us and we can adjust it safely.
- New or fast-worsening fatigue, or fatigue with any red-flag clue, should be checked sooner rather than later.
- Keep a short energy diary — it helps us find the cause faster.

The goal is your energy back. Heart or not, most causes of fatigue can be treated once we find them. The first step is simply telling us about the tiredness — and any clues that come with it.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

When to Call Us - and When to Call 911

If you are not sure, call. We would rather hear from you twice than miss a real problem.

- Chest pain or pressure, or pain spreading to the jaw, neck, or arm — call 911.
- Sudden severe shortness of breath, or breathlessness at rest or when lying flat — call 911.
- Fainting, or near-fainting with a very slow or racing pulse — call 911 if you faint.
- New or fast-worsening tiredness over days, especially with swelling or breathlessness — call us promptly.
- Tiredness plus a heartbeat that feels racing, pounding, or skipping — call us.
- Tiredness plus new ankle, leg, or belly swelling — call us.
- Waking up gasping for breath, or needing more pillows to breathe at night — call us.
- Tiredness that started or worsened after a new or higher-dose heart medicine — call us before changing anything.
- Feeling so tired you cannot do your usual daily activities — call us to be evaluated.

Office: (727) 943-5200



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

Trusted Resources

The links below are the trusted resources Dr. Ali used to write this guide and that he recommends you visit for more information. Each is a clickable link in the digital version and a Short.io tracked URL on the printed version.

- [AHA - Warning Signs of Heart Failure](#) - How fatigue, breathlessness, and swelling cluster together in heart failure.
- [Mayo Clinic - Fatigue](#) - A clear list of medical, lifestyle, and emotional causes of tiredness.
- [Cleveland Clinic - Fatigue](#) - Plain-language map of heart and non-heart causes of fatigue.
- [MedlinePlus - Fatigue](#) - NIH/NLM overview, including when to seek care.
- [NHLBI - Sleep Apnea](#) - Why sleep apnea causes daytime tiredness and strains the heart.
- [American Thyroid Association](#) - How an underactive thyroid causes fatigue and slows the heart.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

Sources Used to Build This Guide

Every recommendation in this guide is grounded in one or more of the studies, guidelines, or trusted resources below. Short links are tracked so Dr. Ali can see which references patients are reading; nothing personally identifying is captured.

- [2022 AHA/ACC/HFSA Guideline for the Management of Heart Failure](#) [Guideline]
Authoritative basis for fatigue and exercise intolerance as core heart-failure symptoms and the recommended evaluation.
- [American Heart Association — Warning Signs of Heart Failure](#) [Patient Education]
Lists fatigue, breathlessness, and swelling together as the cardinal heart-failure warning cluster.
- [American Heart Association — Heart Attack Symptoms in Women](#) [Patient Education]
Documents unusual fatigue as an under-recognized cardiac symptom, especially in women and older adults.
- [Cleveland Clinic — Fatigue](#) [Patient Education]
Plain-language map of cardiac vs non-cardiac fatigue (heart failure, low output, anemia, thyroid, medication side effects).
- [Cleveland Clinic — Anemia](#) [Patient Education]
Explains how a low blood count causes tiredness and breathlessness — the most common non-cardiac mimic.
- [Mayo Clinic — Fatigue \(symptom\)](#) [Patient Education]
Patient-facing breakdown of medical, lifestyle, and psychological causes of fatigue and when to seek care.
- [Mayo Clinic — Bradycardia \(slow heart rate\)](#) [Patient Education]
Supports the rhythm section — a too-slow pulse can cause fatigue, dizziness, and reduced stamina.
- [MedlinePlus — Fatigue](#) [Patient Education]
NIH/NLM symptom overview used for safe definitions and when fatigue with chest symptoms or breathlessness warrants evaluation.
- [NHLBI — Sleep Apnea](#) [Patient Education]
Official NIH page linking sleep apnea to daytime tiredness and to heart strain, atrial fibrillation, and high blood pressure.
- [American Thyroid Association — Hypothyroidism](#) [Patient Education]
Supports thyroid disease as a common, treatable fatigue cause that also affects heart rate.
- [AAFP — Fatigue: An Overview](#) [Review Article]
Primary-care framework for evaluating fatigue, including the targeted history, exam, and basic labs used in the workup.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

About This Guide

Rias KS Ali, MD FACC | Board Certified in Interventional Cardiology & Cardiovascular Disease

4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com

Version: 2026-08-15

Reviewer note: Reviewed against AHA, Mayo Clinic, and Cleveland Clinic fatigue and heart-failure pages. Ours adds a side-by-side cardiac-vs-other cause map, a red-flag clue checklist, a step-by-step workup flow, and a color-coded cause-to-clue-to-check table.

Disclaimer

This guide is for educational purposes only and does not replace medical advice from your physician. Recommendations may not apply to every patient. Always follow the specific instructions of Dr. Ali and your care team. In an emergency call 911 or go to the nearest emergency department.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>



Save
Contact Info

Take This Guide With You



Scan or visit: <https://go.riasalimd.com/fatigue-guide>

Online: <https://go.riasalimd.com/fatigue-guide>

Office: (727) 943-5200

4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/fatigue-guide>

20 of 20 | Page



Save
Contact Info