

Resource

# Fatigue Matters

[Print](#)

Fatigue is one of the most common symptoms of RA and can also be one of the most debilitating.

Fatigue can have a severe impact on the quality of life of those affected and it can come on at anytime without warning. We have created a self-help guide to explain what fatigue is, the causes and what you can do to tackle this symptom.



[Order publication](#)

This article was downloaded from [www.nras.org.uk](http://www.nras.org.uk). National Rheumatoid Arthritis Society (NRAS) is a registered charity in England and Wales (1134859) and Scotland (SC039721). A private company limited by guarantee. Registered in England and Wales (7127101).