

GUIDE TO TESTING - FATIGUE



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Fatigue is such a common symptom of so many different conditions. That's why it's important to figure out what exactly is causing it. I've listed a few potential tests that we could use in order to get to the root of the problem.

CBC + Ferritin & B12 – mostly to rule out anemia

Test	Interpretation	Symptoms Experienced
Hemoglobin	Low levels can indicate anemia is present.	Fatigue, shortness of breath, pale skin, dizziness, no energy
MCV, MCH, MCHC	To determine if anemia is due to iron or B12 deficiency	
Ferritin	Low levels can indicate iron deficiency	

THYROID PANEL – to rule out low/high functioning thyroid

Test	Interpretation	Symptoms Experienced
TSH	Low levels can be a sign of hypothyroid, which is a common cause of fatigue.	Fatigue, weight gain, constipation, intolerance to cold, hair loss
T3, T4	Low levels can be a sign of hypothyroid, which is a common cause of fatigue.	
Thyroid	High levels can be a sign	

** This information should not be used as medical advice. Please consult with your healthcare provider for help **

ESR + CRP – to consider autoimmune diseases

Test	Interpretation	Symptoms Experienced
ESR & CRP	High levels can indicate an autoimmune disease	Fatigue, hair loss, joint pain, skin changes, stomach aches, poor sleep

PHQ-9 and GAD-7 – to consider mood disorders

Test	Interpretation	Symptoms Experienced
PHQ-9	High scores help screen for depression	Sad mood, fatigue, sense of hopelessness, poor appetite, poor sleep
GAD-7	High scores help screen for anxiety	Nervousness, racing heart, poor sleep,

Food sensitivity test

Test	Interpretation	Symptoms Experienced
IgG Food Sensitivity	High IgG levels for a given food can indicate a sensitivity	Fatigue, bloating, poor concentration, gas, heart burn

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