

Table 3-1: Differential Diagnosis and Management of Fatigue in HIV-Related Illness

Causes	Interventions that <i>may</i> have a role as treatment strategies
• Anemia	Treatment of underlying cause
• Adrenal insufficiency	
• Infections	Physical therapy and exercise
• Malignancy	
• Metabolic abnormalities	Emotional support (counseling, self-help, support groups)
• Disease progression	
• End-stage organ disease	Pharmacological treatment including stimulants or corticosteroids (can also aggravate fatigue in some patients)
• Malnutrition	
• Insomnia	
• Depression	
• Neuromuscular and other neurologic disorders	
• Autoimmune disorders	
• Medications (including chemotherapy, sedatives, steroids and many others)	
• Ongoing distress from uncontrolled symptoms (including pain and dyspnea, among others)	
• Intense physical activity	
• Physical treatments, including radiation therapy	
• Unknown/other	