

Too lazy symptom: the doctor explained what kind of illness this condition is talking about

The therapist Nadezhda Chernyshova said that laziness, under which the state of apathy and unwillingness to perform everyday tasks are hiding, may be symptoms of serious diseases. As possible causes of this condition, the doctor called the deficiency of iron and vitamin D, thyroid dysfunction, as well as the presence of oncology.

According to the therapist, if the feeling of fatigue and apathy is chronic, this may indicate the presence of pathological processes in the body. In this case, a visit to the doctor cannot be postponed.

The expert also noted that apathy may be associated with liver pathologies or oncological diseases. Then a person of frequencies and atypically tired for himself. However, Chernyshova recommended that people in this state not attribute themselves to the category of lazy, but contact the therapist to conduct a comprehensive examination and purpose of the relevant tests.

In addition, apathy can be a clinical manifestation of a depressive disorder if no somatic pathologies are found. In this case, a consultation with a psychotherapist is recommended.

"Therefore, do not rush to call yourself a lazy person - you need to go to the therapist, take blood and urine tests, check the function of the thyroid gland, liver and deal with deficiency. If health problems are really discovered, after the treatment "laziness" usually disappears and there is a desire to actively live, "the doctor emphasized.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.