

Fast Facts

Chronic Fatigue Syndrome (CFS)

- Also called myalgic encephalomyelitis (ME)
- Condition where someone has extreme fatigue that lasts at least six months and isn't explained by an underlying medical condition
 - Usually physical or mental activity makes it worse
 - Doesn't improve with rest
- Exact cause is unknown, but certain things might trigger it, such as viral infections, immune system problems, hormonal imbalances, and physical/emotional trauma
- People with CFS often have imbalances in hormones produced by the hypothalamus, pituitary glands, or adrenal glands. It's unknown what role this plays in the condition
- Some factors increase risk of developing the disorder, like being a woman and middle-aged
- Symptoms vary from person to person and severity can fluctuate daily

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Extreme fatigue -Problems with memory/focus/concentration -Sore throat -Headaches -Enlarged lymph nodes in neck/armpits -Unexplained muscle/joint pain -Unrefreshing sleep -Dizziness that gets worse when moving from lying down/sitting to standing -Extreme exhaustion after physical/mental activities (post-exertional malaise) 	<p><i>Goal:</i> to relieve symptoms</p> <p><i>Medications:</i></p> <ul style="list-style-type: none"> -To control blood pressure and heart rhythm -Antidepressants -Pain relievers <p><i>Lifestyle Changes:</i></p> <ul style="list-style-type: none"> -Regular low to moderate intensity exercise -Avoid sleep deprivation by changing bedtime routine and not consuming caffeine -Go to counseling 	<ul style="list-style-type: none"> -Manage the condition to prevent it from controlling your life -Keep a daily diary of your activities and symptoms to see what activity level makes your symptoms worse -Don't push yourself on days where you feel good

©2020 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.