

CFS Charlottetown

CFS Charlottetown - Chronic Fatigue Syndrome or also called CFS is used to be able to specify a medical illness usually defined by persistent fatigue that is accompanied by different particular signs. These illnesses are lasting for a minimum of 6 months, are not substantially relieved by rest, are not caused by other medical circumstances and are not because of constant effort. Chronic Fatigue Syndrome is likewise called post-viral fatigue syndrome or likewise referred to as PVFS and Myalgic Encephalomyelitis or ME. There are some other terms utilized to describe this as well.

The WHO or World Health Organization classifies CFS under Nervous System diseases, even if the disorder is not known. Various psychological and physiological factors could affect the development and maintenance of symptoms. Currently, there is no diagnostic laboratory test or biomarker for Chronic Fatigue Syndrome.

Symptoms of Chronic Fatigue Syndrome consists of widespread muscle and joint pain, un-refreshing sleep, post-exertion malaise, cognitive difficulties, sore throat and usually severe mental and physical exhaustion. Individuals who are coping with this particular condition can complain of increased sensitivities to smells, sounds and light. Various indications of CFS comprise: digestive disturbances, depression, muscle weakness cardiac and respiratory problems, and orthostatic intolerance. It is unknown whether these signs are produced by an underlying etiology of CFS or if they represent co-morbid conditions. CFS tends to affect women instead of men. It is uncommon amongst adolescents or kids. Individuals who do suffer from CFS describe their way of life as "uniquely and particularly disrupted."

Symptoms

The CDC within the United States, requires two of the following criteria to be fulfilled previous to utilizing the definition of CFS. The first criteria is that the beginning of persistent, unexplained fatigue is not aided or alleviated by rest alone and is not related to effort, exertion which has caused by the decrease in previous activity levels. Next, at least 4 of the following symptoms which last 6 months or longer: myalgia or muscle pain, recurring or frequent sore throat, new headaches or those of greater severity, post-exertion malaise, un-refreshing sleep, impaired memory or impaired concentration, tender cervical or axillary lymph nodes.

The following are just some of the common indications of Chronic Fatigue Syndrome: brain fog, chronic cough, night sweats and chills, chest pain, irritable bowel, abdominal pain, nausea, diarrhoea or bloating; sensitivities or allergies to alcohol, foods, noise, medications or chemicals; visual disturbances including sensitivity to light, dry eyes, blurring or eye pain; psychological problems including anxiety, mood swings, panic attacks, depression or irritability.