

## CFS Prince George

CFS Prince George - Chronic Fatigue Syndrome or likewise called CFS is utilized so as to specify a medical sickness generally defined by persistent fatigue that is accompanied by different particular indications. These illnesses are lasting for at least 6 months, are not substantially relieved by rest, are not caused by various medical conditions and are not due to ongoing exertion. Chronic Fatigue Syndrome is also called post-viral fatigue syndrome or likewise known as PVFS and Myalgic Encephalomyelitis or ME. There are several other terms utilized to describe this also.

The WHO or World Health Organization classifies CFS under Nervous System diseases, though the illness is not known. Several physiological and psychological factors could affect the maintenance and development of signs. Presently, there is no biomarker or diagnostic laboratory test for Chronic Fatigue Syndrome.

There are many symptoms of this condition including: widespread joint and muscle pain, post-exertion malaise, un-refreshing sleep, cognitive difficulties, sore throat and normally severe mental and physical exhaustion. People who are dealing with CFS can complain of an increased sensitivity to smells, sounds and light. Other symptoms of CFS include: muscle weakness, digestive disturbances, depression respiratory and cardiac problems, and orthostatic intolerance. It is unknown whether these symptoms are caused by an underlying etiology of CFS or if they represent co-morbid conditions. CFS tends to affect women rather than men. It is not common among children or adolescents. Individuals who do suffer from CFS describe their way of life as "uniquely and particularly disrupted."

### Indications

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

Different common signs of Chronic Fatigue Syndrome include: chronic cough, brain fog, night chills and sweat, chest pain, irritable bowel, abdominal pain, diarrhoea or bloating, nausea; allergies or sensitivities to foods, alcohol, noise, medications or chemicals; visual disturbances consisting of dry eyes, sensitivity to light, eye pain or blurring; psychological problems comprising anxiety, mood swings, panic attacks, depression or irritability.