

## CFS Abbotsford

CFS Abbotsford - Chronic Fatigue Syndrome or CFS is utilized in order to identify a medical sickness normally defined by persistent fatigue which is accompanied by different certain indications. These sicknesses are lasting for at least 6 months, are not significantly relieved by rest, are not caused by other medical conditions and are not due to constant effort. Chronic Fatigue Syndrome is likewise known as post-viral fatigue syndrome or PVFS and Myalgic Encephalomyelitis or likewise called ME. There are several other terms used to describe this too.

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

Signs of Chronic Fatigue Syndrome includes widespread joint and muscle pain, un-refreshing sleep, post-exertion malaise, sore throat, cognitive difficulties and usually severe physical and mental exhaustion. People who are dealing with this condition may complain of increased sensitivities to light, smells and sounds. Various signs of CFS comprise: depression, muscle weakness, digestive disturbances orthostatic intolerance and cardiac and respiratory problems. It is not known whether these symptoms are produced by an underlying etiology of CFS or if they represent co-morbid conditions. CFS tends to affect women more often than men. It is uncommon amongst adolescents or kids. Individuals who do suffer from CFS describe their lifestyle as "uniquely and particularly disrupted."

### Signs

The CDC in the US, requires two of the following criteria to be fulfilled before using the definition of CFS. The first criteria is that the beginning of unexplained, persistent fatigue is not aided or alleviated by rest alone and is unrelated to effort, exertion that has caused by the decrease in previous activity levels. Then, at least 4 of the following signs that last at least 6 months: muscle pain or myalgia, 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 a few of the common signs of Chronic Fatigue Syndrome: brain fog, chronic cough, chest pain, night chills or sweats, irritable bowel, abdominal pain, diarrhoea or bloating, nausea; sensitivities or allergies to foods, alcohol, chemicals, noise, or medications; visual disturbances comprising dry eyes, sensitivity to light, eye pain or blurring; psychological problems consisting of mood swings, anxiety, depression, irritability or panic attacks.