

Chronic Fatigue Syndrome

What is Chronic Fatigue Syndrome (CFS)?

CFS is a complex disorder or medical condition in which the person feels extreme fatigue or tiredness for a long time and this fatigue does not go after rest. Sometimes it affects the ordinary daily activities of the person.

Symptoms:

- Some of the symptoms of CFS are very similar to many other illnesses:
- Joint pain (without redness or swelling)
- Short-term memory or concentration problem
- Headaches
- Dizziness
- Unrefreshing or non-restorative sleep
- Nausea
- Flu-like symptoms
- Depression, stress and anxiety
- Decrease in stamina

Causes

In spite of number of researches scientists have not yet identified the exact causes of CFS. Some of the possible causes of CFS are as following:

- Infections
- Abnormally low blood pressure that can cause fainting
- Nutritional deficiency
- Immune dysfunction
- Stress

Diagnosis

It is difficult to diagnose CFS for the following reasons:

- Symptoms are very similar to other illnesses
- No tests are available to diagnose CFS
- Symptoms differ from person to person

If the person is suffering from severe fatigue from more than 6 months and also experiences other symptoms such as generalized pain, memory problems, depression, stress and anxiety then there is a huge possibility that the patient may have CFS. To find out the possibility of CFS a complete medical history and a physical and mental status examination of the person will also be required.

Treatment

There is no specific treatment for CFS. However, the doctors can help the patients to improve the quality of life by treating the symptoms such as sleep disorders, depression, nausea, pain and anxiety with medications. Supportive therapies such as counselling are also used to help patients to overcome the problems arising due to CFS.

CFS can be treated in the following manners:

- Set a fixed sleeping hours for the patients
- Exercise and stretching can improve sleeping habits
- Sleep medicine , therapies should be taken under doctor's prescription
- For controlling joint pains and muscle pains, techniques such as massage, exercises, acupuncture, relaxation techniques can be applied under the supervision of a qualified practitioner
- Dizziness can be treated with increased fluid and salt intake besides medication
- Deep breathing , Meditation and Yoga can be highly beneficial in reducing stress and anxiety

Reference: Micromedex's Care Notes System Online 2.0