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CHRONIC FATIGUE SYNDROME

Chronic Fatigue Syndrome Cannot Be Relieved With Rest

Physical and Mental Activities May Worsen the Condition

Chronic fatigue syndrome is a disorder of prolonged, severe tiredness. This condition is more than just feeling exhausted. It interrupts daily activities and makes it hard to function.

Please use this guide as a resource for knowledge and understanding of chronic fatigue syndrome causes, symptoms, diagnosis, and treatment.

01 | Causes

The exact causes of chronic fatigue syndrome are unknown, but doctors believe it results from:
- Genetic mutations
- Viruses
- Weakened immune system
- Stress
- Hormonal imbalances

02 | Symptoms

Those suffering from chronic fatigue syndrome may experience symptoms that vary based on the severity of the condition. Aside from fatigue, other symptoms may include:
- Loss of memory or concentration
- Sleep disorders
- Sore throats
- Tender lymph nodes
- Muscle pain
- Headaches
- Depression

03 | Diagnosis

It is difficult to diagnose chronic fatigue syndrome as there is not a test or scan that can be used to confirm it. To make an accurate diagnosis, your doctor has to rule out other diseases because it mimics symptoms of other illnesses, making it hard for doctors to recognize it as chronic fatigue syndrome.

04 | Treatment

There is not a cure for chronic fatigue syndrome. Instead, treatment focuses on alleviating the symptoms. Physicians can prescribe medication for pain-relief and depression.

Lifestyle changes are imperative in order to manage fatigue. Some lifestyle changes may involve:
- Receive cognitive training
- Graded exercise
- Join support groups
- Participate in tai chi or yoga
- Receive massages or acupuncture

For additional resources on chronic fatigue syndrome please visit: *www.ammes.org*

Did You Know?
It is more common in people aged 30-50 years old.

References

https://www.mayoclinic.org/diseases-conditions/chronic-fatigue-syndrome/symptoms-causes/syc-20360490

https://www.healthline.com/health/chronic-fatigue-syndrome