

CFS Brandon

CFS Brandon - CFS or Chronic Fatigue Syndrome is the term used to be able to identify a medical sickness which is typified by persistent fatigue. Often, this fatigue is accompanied by other particular signs. These illnesses could last upwards of 6 months and are not usually relieved by resting. The condition is also not caused by other medical conditions and are not because of constant exertion. Chronic Fatigue Syndrome is likewise known as post-viral fatigue syndrome or PVFS and Myalgic Encephalomyelitis or ME. There are some 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. A lot of physiological and psychological factors can affect the maintenance and development of indications. Presently, there is no biomarker or diagnostic laboratory test for Chronic Fatigue Syndrome.

There are various indications of this condition including: widespread muscle and joint pain, un-refreshing sleep, post-exertion malaise, sore throat, cognitive difficulties and usually severe physical and mental exhaustion. People who are dealing with CFS could complain of an increased sensitivity to light, smells and sounds. Various indications of CFS consist of: depression, muscle weakness, digestive disturbances cardiac and respiratory problems, and orthostatic intolerance. It is not known whether these indications 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 uncommon amongst adolescents or kids. Individuals who do experience CFS describe their lifestyle as "uniquely and particularly disrupted."

Indications

The Centers for Disease Control and Prevention states that in order for the definition of CFS to be used, 2 of the following criteria are fulfilled. Firstly, a new beginning of unexplained, consistent fatigue which is not alleviated by rest and is unrelated to exertion which leads to a major reduction in previous activity levels. Then, at least 4 of the following symptoms that last 6 months or longer: muscle pain or myalgia, frequent or recurring sore throat, post-exertion malaise, un-refreshing sleep, new headaches or those of greater severity, impaired concentration or impaired memory, tender cervical or axillary lymph nodes.

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