

12 May - World Chronic Fatigue Syndrome Awareness Day

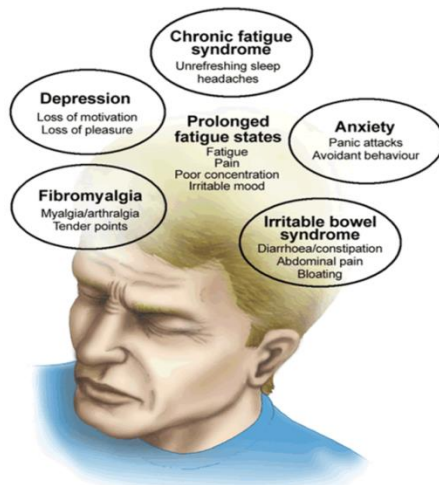
Chronic Fatigue Syndrome (CFS)

Is a condition that lasts for more than 6 months in which a person feels tired most of the time!

They may also have trouble concentrating and carrying out daily activities.

Other symptoms include sore throat, fever, muscle weakness, headaches and joint pain.

Chronic Fatigue Syndrome is also referred to CFS.



What causes it?

The causes of CFS remain largely unknown. It was once thought that a virus might be behind it, but recent research suggests that a variety of factors may cause it. These may include the contracting of a variety of viruses combined with stress, exposure to environmental toxins and a genetic predisposition. Most CFS patients also show features of depression although it is not clear whether the depression develops as a result of CFS or whether the CFS arises as result of the depression.

The symptoms of CFS

The most notable aspect of the condition is extreme fatigue, which patients will suffer from for **six months or more**. Sufferers may experience a wide variety of other symptoms as well including the following:

- Very poor stamina
- Withdrawal from work and social activities due to fatigue
- Loss of short term memory
- Difficulty concentrating
- Pain in the joints and muscles
- Headache
- Frequent sore throat
- Tender lymph nodes
- Mild fever
- Nausea
- Sleep that is not refreshing

Treatment

While CFS cannot be cured and must run its course, many of the symptoms can be treated and doctors can help to improve the patient's quality of life. Symptoms including sleep disorders, nausea, pain, flu-like symptoms, depression and anxiety can be treated with medications. Supportive therapies such as counselling can teach people coping skills.

Visit your doctor

CFS is a real medical condition that can devastate lives. It is important that it is diagnosed so that the patient can be assisted and symptoms treated. Those individuals suffering from extreme fatigue and some of the symptoms described above for an extended period of time should therefore be sure to visit their doctor.

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