

CFS Moncton

CFS Moncton - CFS or Chronic Fatigue Syndrome is the term utilized in order to identify a medical disorder that is typified by persistent fatigue. Often, this fatigue is accompanied by various particular indications. These illnesses may last upwards of 6 months and are not normally relieved by resting. The condition is also not caused by other medical circumstances and are not because of constant exertion. Chronic Fatigue Syndrome is also known as post-viral fatigue syndrome or likewise referred to as PVFS and Myalgic Encephalomyelitis or ME. There are several other terms used to describe this as well.

The WHO or World Health Organization classifies CFS under Nervous System diseases, though the illness is not known. Numerous psychological and physiological factors could contribute to the maintenance and development of symptoms. Presently, there is no biomarker or diagnostic laboratory test for Chronic Fatigue Syndrome.

Signs of Chronic Fatigue Syndrome comprises widespread joint and muscle pain, post-exertion malaise, un-refreshing sleep, sore throat, cognitive difficulties and often severe mental and physical exhaustion. Individuals who are coping with this particular condition could complain of increased sensitivities to sounds, light and smells. Various symptoms of CFS include: digestive disturbances, depression, muscle weakness respiratory and cardiac problems, and orthostatic intolerance. It is unknown whether these signs are produced by an underlying etiology of CFS or if they represent co-morbid conditions. CFS tends to affect women instead of men. It is not common among teenagers or children. Those who do experience CFS describe their lifestyle as "uniquely and particularly disrupted."

Symptoms

The Centers for Disease Control and Prevention states that in order for the meaning of CFS to be utilized, 2 of the following criteria are fulfilled. Initially, a new onset of persistent, unexplained fatigue that is not alleviated by rest and is not related to exertion which causes a major decrease in previous activity levels. Next, at least 4 of the following indications that last 6 months or longer: muscle pain or myalgia, frequent or recurring sore throat, un-refreshing sleep, new headaches or those of greater severity, post-exertion malaise, impaired memory or impaired concentration, tender axillary or cervical 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, abdominal pain, irritable bowel, nausea, bloating or diarrhoea; sensitivities or allergies to foods, alcohol, noise, medications or chemicals; visual disturbances consisting of sensitivity to light, dry eyes, blurring or eye pain; psychological problems including anxiety, mood swings, irritability, panic attacks or depression.