

## CFS Kingston

CFS Kingston - Chronic Fatigue Syndrome or likewise called CFS is used to be able to identify a medical sickness generally defined by persistent fatigue that is accompanied by various particular indications. These sicknesses are lasting for a minimum of 6 months, are not significantly relieved by rest, are not caused by various medical conditions and are not due to ongoing effort. Chronic Fatigue Syndrome is also referred to as post-viral fatigue syndrome or PVFS and Myalgic Encephalomyelitis or ME. There are some other terms used to describe this as well.

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

There are various indications of this particular condition consisting of: widespread muscle and joint pain, un-refreshing sleep, post-exertion malaise, sore throat, cognitive difficulties and normally severe mental and physical exhaustion. Individuals who are dealing with CFS can complain of an increased sensitivity to light, smells and sounds. Various signs of CFS include: digestive disturbances, depression, muscle weakness orthostatic intolerance and respiratory and cardiac problems. 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 amongst adolescents or children. People who do experience CFS describe their quality of life as "uniquely and particularly disrupted."

### Signs

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 start of persistent, unexplained fatigue that is not alleviated by rest and is unrelated to exertion which leads to a major decrease in prior activity levels. Then, at least 4 of the following symptoms that last at least 6 months: muscle pain or myalgia, recurring or frequent sore throat, new headaches or those of greater severity, post-exertion malaise, un-refreshing sleep, impaired memory or impaired concentration, tender axillary or cervical lymph nodes.

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