

## CFS Timmins

CFS Timmins - Chronic Fatigue Syndrome or likewise called CFS is utilized to be able to specify a medical disorder usually defined by persistent fatigue that is accompanied by different specific signs. These disorders are lasting for at least 6 months, are not substantially relieved by rest, are not caused by different medical conditions and are not because of constant effort. Chronic Fatigue Syndrome is also called post-viral fatigue syndrome or likewise called PVFS and Myalgic Encephalomyelitis or ME. There are several other terms utilized to describe this as well.

The World Health Organization classifies this under Diseases of the Nervous System, although the origin of CFS remains unknown. There are various psychological and physiological factors that may affect the maintenance and development of symptoms. Currently, there is no diagnostic laboratory test or biomarker for Chronic Fatigue Syndrome.

There are various signs of this particular condition including: widespread joint and muscle pain, un-refreshing sleep, post-exertion malaise, sore throat, cognitive difficulties and usually severe mental and physical exhaustion. People who are dealing with CFS can complain of an increased sensitivity to smells, sounds and light. Different signs of CFS include: muscle weakness, digestive disturbances, depression cardiac and respiratory problems, and orthostatic intolerance. It is unknown whether these indications are caused by an underlying etiology of CFS or if they represent co-morbid conditions. CFS tends to affect women more often than men. It is not common among teenagers or children. Those who do experience CFS describe their way of life as "uniquely and particularly disrupted."

### Symptoms

The Centers for Disease Control and Prevention states that in order for the definition of CFS to be utilized, 2 of the following criteria are fulfilled. First, a new start of persistent, unexplained fatigue which is not alleviated by rest and is not related to exertion that results in a major decrease in prior activity levels. Then, 4 or more of the following symptoms which last 6 months or longer: myalgia or muscle pain, 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 symptoms 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, chemicals, noise, or medications; visual disturbances consisting of dry eyes, sensitivity to light, eye pain or blurring; psychological problems including mood swings, anxiety, depression, irritability or panic attacks.