

CFS Kitchener

CFS Kitchener - Chronic Fatigue Syndrome or likewise called CFS is utilized in order to identify a medical illness generally defined by persistent fatigue which is accompanied by different particular indications. These sicknesses are lasting for a minimum of 6 months, are not significantly relieved by rest, are not caused by various medical circumstances and are not because of ongoing effort. Chronic Fatigue Syndrome is also known as post-viral fatigue syndrome or PVFS and Myalgic Encephalomyelitis or also known as ME. There are some other terms used to describe this too.

The WHO or World Health Organization classifies CFS under Nervous System diseases, even if the sickness is not known. Numerous psychological and physiological factors could affect the maintenance and development of signs. Presently, there is no diagnostic laboratory test or biomarker for Chronic Fatigue Syndrome.

Signs of Chronic Fatigue Syndrome comprises widespread joint and muscle pain, post-exertion malaise, un-refreshing sleep, cognitive difficulties, sore throat and normally severe mental and physical exhaustion. Individuals who are coping with this particular condition may complain of increased sensitivities to light, smells and sounds. Different symptoms of CFS comprise: digestive disturbances, depression, muscle weakness cardiac and respiratory problems, and orthostatic intolerance. It is not known whether these indications are produced by an underlying etiology of CFS or if they represent co-morbid conditions. CFS tends to affect women rather than men. It is not common amongst teenagers or children. Individuals who do suffer from 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 utilized, 2 of the following criteria are fulfilled. First, a new onset of persistent, unexplained fatigue which is not alleviated by rest and is not related to effort that causes a major decrease in prior activity levels. Then, at least 4 of the following signs 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 cervical or axillary lymph nodes.

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