

## CFS Owen Sound

CFS Owen Sound - CFS or also known as Chronic Fatigue Syndrome is the term used to be able to identify a medical illness that is typified by persistent fatigue. Often, this fatigue is accompanied by different certain indications. These illnesses may last upwards of 6 months and are not usually relieved by resting. The condition is likewise not caused by various medical circumstances and are not due to ongoing effort. Chronic Fatigue Syndrome is likewise known as post-viral fatigue syndrome or PVFS and Myalgic Encephalomyelitis or ME. There are several other terms utilized to describe this too.

The World Health Organization classifies this under Diseases of the Nervous System, even though the origin of CFS remains unknown. There are many physiological and psychological factors that can affect the development and maintenance of signs. Presently, there is no diagnostic laboratory test or biomarker for Chronic Fatigue Syndrome.

There are many symptoms of this condition consisting of: widespread joint and muscle pain, post-exertion malaise, un-refreshing sleep, cognitive difficulties, sore throat and often severe mental and physical exhaustion. People who are dealing with CFS may complain of an increased sensitivity to light, smells and sounds. Different symptoms of CFS include: digestive disturbances, depression, muscle weakness orthostatic intolerance and cardiac and respiratory 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 rather than men. It is uncommon amongst children or adolescents. Individuals who do experience CFS describe their lifestyle as "uniquely and particularly disrupted."

### Signs

The CDC in the United States, requires two of the following criteria to be fulfilled before utilizing the definition of CFS. The initial criteria is that the onset of unexplained, persistent fatigue is not alleviated or aided by rest alone and is not related to effort, exertion which has caused by the reduction in prior activity levels. Next, 4 or more of the following signs that last 6 months or longer: myalgia or muscle pain, recurring or frequent sore throat, un-refreshing sleep, new headaches or those of greater severity, post-exertion malaise, impaired memory or impaired concentration, tender cervical or axillary lymph nodes.

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