

## CFS Edmonton

CFS Edmonton - CFS or likewise known as Chronic Fatigue Syndrome is the term used in order to specify a medical illness which is typified by persistent fatigue. Normally, this fatigue is accompanied by different specific symptoms. These sicknesses could last upwards of 6 months and are not typically relieved by resting. The condition is also not caused by different medical circumstances and are not because of ongoing exertion. Chronic Fatigue Syndrome is also known as post-viral fatigue syndrome or likewise called PVFS and Myalgic Encephalomyelitis or also called ME. There are several other terms utilized to describe this too.

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

There are lots of indications of this condition consisting of: widespread joint and muscle pain, post-exertion malaise, un-refreshing sleep, 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 symptoms 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 amongst teenagers or kids. People who do suffer from 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 definition of CFS to be utilized, 2 of the following criteria are fulfilled. First, a new beginning of persistent, unexplained fatigue that is not alleviated by rest and is not related to exertion which results in a major decrease in previous activity levels. Next, 4 or more of the following indications which last at least 6 months: myalgia or muscle pain, frequent or recurring sore throat, new headaches or those of greater severity, post-exertion malaise, un-refreshing sleep, impaired concentration or impaired memory, tender cervical or axillary lymph nodes.

The following are just some of the common signs of Chronic Fatigue Syndrome: brain fog, chronic cough, chest pain, night sweats or chills, irritable bowel, abdominal pain, 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 consisting of mood swings, anxiety, depression, irritability or panic attacks.