

## CFS Vancouver

CFS Vancouver - CFS or also known as Chronic Fatigue Syndrome is the term utilized in order to identify a medical disorder which is typified by persistent fatigue. Normally, this fatigue is accompanied by other particular signs. These sicknesses may last upwards of 6 months and are not typically relieved by resting. The condition is likewise not caused by other medical conditions and are not because of ongoing effort. Chronic Fatigue Syndrome is likewise known as post-viral fatigue syndrome or likewise known as PVFS and Myalgic Encephalomyelitis or ME. There are some other terms utilized to describe this as well.

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

Indications of Chronic Fatigue Syndrome includes widespread joint and muscle pain, un-refreshing sleep, post-exertion malaise, cognitive difficulties, sore throat and normally severe physical and mental exhaustion. People who are coping with this particular condition may complain of increased sensitivities to smells, sounds and light. Various symptoms of CFS consist of: depression, muscle weakness, digestive disturbances cardiac and respiratory problems, and orthostatic intolerance. It is not known whether these symptoms are caused 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 among children or adolescents. Individuals who do experience CFS describe their lifestyle as "uniquely and particularly disrupted."

### Signs

The Centers for Disease Control and Prevention states that in order for the definition of CFS to be used, 2 of the following criteria are fulfilled. First, a new onset of unexplained, consistent fatigue that is not alleviated by rest and is unrelated to effort that causes a major reduction in prior activity levels. Next, 4 or more of the following indications which last 6 months or longer: myalgia or muscle pain, frequent or recurring sore throat, post-exertion malaise, un-refreshing sleep, new headaches or those of greater severity, impaired memory or impaired concentration, tender cervical or axillary lymph nodes.

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