Chronic Fatigue Syndrome

Chronic Fatigue Syndrome is characterized by extreme fatigue that does not improve with rest. The cause of this condition is unknown.

Symptoms include:

- An unexplained dramatic loss of energy.
- Muscle or joint soreness.
- Severe weakness.
- Frequent headaches.
- Fever, sore throat, and swollen lymph glands.
- Sleep problems.
- Inability to concentrate.

Symptoms must usually be present for over 6 months before the diagnosis of chronic fatigue can be made. There is no diagnostic test for this disease. Many other diseases can cause similar symptoms. A complete medical evaluation is needed to be sure you do not have other medical problems causing your symptoms.

There is no specific treatment for Chronic Fatigue Syndrome. Cognitive behavioral therapy (similar to counseling) and/or a simple exercise regimen may be beneficial. Get plenty of rest and avoid alcohol and other depressant drugs. Call your caregiver for follow up care as recommended.

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