

CFS Halifax

CFS Halifax - Chronic Fatigue Syndrome or likewise called CFS is used so as to identify a medical sickness generally defined by persistent fatigue which is accompanied by different particular indications. These illnesses are lasting for a minimum of 6 months, are not significantly relieved by rest, are not caused by different medical circumstances and are not due to ongoing effort. Chronic Fatigue Syndrome is likewise referred to as post-viral fatigue syndrome or likewise called PVFS and Myalgic Encephalomyelitis or ME. There are some other terms utilized to describe this as well.

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

There are various indications of this particular condition including: widespread muscle and joint pain, post-exertion malaise, un-refreshing sleep, sore throat, cognitive difficulties and normally severe physical and mental exhaustion. People who are coping with CFS can complain of an increased sensitivity to light, smells and sounds. Other symptoms of CFS comprise: depression, muscle weakness, digestive disturbances cardiac and respiratory problems, and orthostatic intolerance. It is not known whether these indications 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 adolescents or children. Those who do experience CFS describe their way of life as "uniquely and particularly disrupted."

Symptoms

The Centers for Disease Control and Prevention states that in order for the meaning of CFS to be utilized, 2 of the following criteria are fulfilled. First, a new beginning of unexplained, consistent fatigue which is not alleviated by rest and is not related to exertion which results in a major decrease in prior activity levels. Next, at least 4 of the following signs which last 6 months or longer: muscle pain or myalgia, 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 a few of the common signs of Chronic Fatigue Syndrome: brain fog, chronic cough, night sweats and chills, chest pain, irritable bowel, abdominal pain, nausea, diarrhoea or bloating; sensitivities or allergies to alcohol, foods, chemicals, noise, or medications; visual disturbances including sensitivity to light, dry eyes, blurring or eye pain; psychological problems including mood swings, anxiety, irritability, panic attacks or depression.