

## CFS Saskatoon

CFS Saskatoon - CFS or likewise known as Chronic Fatigue Syndrome is the term used to be able to identify a medical disorder that is typified by persistent fatigue. Normally, this fatigue is accompanied by different certain indications. These disorders could last upwards of 6 months and are not normally relieved by resting. The condition is likewise not caused by various medical conditions and are not due to ongoing effort. Chronic Fatigue Syndrome is likewise called post-viral fatigue syndrome or also known as PVFS and Myalgic Encephalomyelitis or ME. There are several other terms used to describe this too.

The WHO or World Health Organization classifies CFS under Nervous System diseases, though the disorder is not known. Lots of psychological and physiological factors could contribute to the development and maintenance of signs. Currently, there is no biomarker or diagnostic laboratory test for Chronic Fatigue Syndrome.

Symptoms of Chronic Fatigue Syndrome includes widespread joint and muscle pain, un-refreshing sleep, post-exertion malaise, cognitive difficulties, sore throat and usually severe physical and mental exhaustion. Individuals who are coping with this particular condition may complain of increased sensitivities to sounds, light and smells. Different indications of CFS comprise: depression, muscle weakness, digestive disturbances respiratory and cardiac problems, and orthostatic intolerance. It is unknown whether these indications are produced by an underlying etiology of CFS or if they represent co-morbid conditions. CFS tends to affect women instead of men. It is not common among children or teenagers. Individuals who do suffer from CFS describe their way 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. Firstly, a new start of unexplained, consistent fatigue that is not alleviated by rest and is unrelated to effort which causes a major reduction in prior activity levels. Next, at least 4 of the following signs that last 6 months or longer: myalgia or muscle pain, frequent or recurring sore throat, un-refreshing sleep, new headaches or those of greater severity, post-exertion malaise, impaired memory or impaired concentration, tender axillary or cervical lymph nodes.

Other common symptoms of Chronic Fatigue Syndrome consist of: chronic cough, brain fog, chest pain, night sweats or chills, abdominal pain, irritable bowel, nausea, bloating or diarrhoea; sensitivities or allergies to alcohol, foods, chemicals, noise, or medications; visual disturbances including dry eyes, sensitivity to light, eye pain or blurring; psychological problems including anxiety, mood swings, panic attacks, depression or irritability.