

CFS Windsor

CFS Windsor - Chronic Fatigue Syndrome or also called CFS is used so as to identify a medical disorder normally defined by persistent fatigue that is accompanied by other certain signs. These illnesses are lasting for at least 6 months, are not significantly relieved by rest, are not caused by different medical conditions and are not due to ongoing exertion. Chronic Fatigue Syndrome is also known as post-viral fatigue syndrome or PVFS and Myalgic Encephalomyelitis or also called ME. There are several other terms utilized to describe this also.

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

There are a lot of symptoms of this particular condition consisting of: widespread joint and muscle pain, post-exertion malaise, un-refreshing sleep, sore throat, cognitive difficulties and usually severe physical and mental exhaustion. People who are dealing with CFS could complain of an increased sensitivity to sounds, light and smells. Other indications of CFS include: depression, muscle weakness, digestive disturbances orthostatic intolerance and cardiac and respiratory problems. 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 teenagers or kids. Those who do experience CFS describe their lifestyle as "uniquely and particularly disrupted."

Symptoms

The CDC in the US, requires two of the following criteria to be fulfilled before utilizing the meaning of CFS. The initial criteria is that the start of persistent, unexplained fatigue is not alleviated or aided by rest alone and is unrelated to effort, effort that has caused by the decrease in prior activity levels. Next, at least 4 of the following indications which last at least 6 months: myalgia or muscle pain, recurring or frequent sore throat, post-exertion malaise, un-refreshing sleep, new headaches or those of greater severity, impaired memory or impaired concentration, tender axillary or cervical lymph nodes.

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