



Help the PERSON behind the SYMPTOMS



INCAPACITATING FATIGUE, PROFOUND EXHAUSTION, EXTREMELY POOR STAMINA, PROBLEMS WITH CONCENTRATION AND SHORT-TERM MEMORY, FLU-LIKE SYMPTOMS SUCH AS PAIN IN THE JOINTS AND MUSCLES, UNREFRESHING SLEEP, TENDER LYMPH NODES, SORE THROAT, HEADACHE, COGNITIVE PROBLEMS SUCH AS DIFFICULTIES WITH CONCENTRATION AND SHORT-TERM MEMORY, WORD-FINDING DIFFICULTIES, INABILITY TO COMPREHEND/RETAIN WHAT IS READ, INABILITY TO CALCULATE NUMBERS, IMPAIRMENT OF SPEECH AND/OR REASONING, VISUAL DISTURBANCES (BLURRING, SENSITIVITY TO LIGHT, EYE PAIN, NEED FOR FREQUENT PRESCRIPTION CHANGES), PSYCHOLOGICAL PROBLEMS (DEPRESSION, IRRITABILITY, ANXIETY, PANIC ATTACKS, PERSONALITY CHANGES, MOOD SWINGS), CHILLS AND NIGHT SWEATS, SHORTNESS OF BREATH, DIZZINESS AND BALANCE PROBLEMS, SENSITIVITY TO HEAT AND/OR COLD, ALCOHOL INTOLERANCE, IRREGULAR HEARTBEAT, IRRITABLE BOWEL (ABDOMINAL PAIN, DIARRHEA, CONSTIPATION, INTESTINAL GAS), LOW-GRADE FEVER OR LOW BODY TEMPERATURE, NUMBNESS, TINGLING AND/OR BURNING SENSATIONS IN THE FACE OR EXTREMITIES, DRYNESS OF THE MOUTH AND EYES (SICCA SYNDROME), MENSTRUAL PROBLEMS INCLUDING PMS AND ENDOMETRIOSIS, CHEST PAINS, RASHES, RINGING IN THE EARS (TINNITUS), ALLERGIES AND SENSITIVITIES TO NOISE/SOUND, ODORS, CHEMICALS AND MEDICATIONS, WEIGHT

Chronic Fatigue Syndrome: Diagnosis & Management

Chronic fatigue syndrome (CFS) affects at least 800,000 U.S. adults and teens with debilitating pain, exhaustion and cognitive problems.

Studies show that 80% of people with CFS have not been properly diagnosed by a medical professional. Even fewer receive appropriate medical care.

Earn Free Continuing Education Credits from CDC

Self-study courses about diagnosing and managing CFS are available in **Web-, print-, video- or DVD-based formats.**

The CDC is an accredited provider of continuing education credits for various professions.

For more information:

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A collaborative effort of

The Centers for Disease Control and Prevention (CDC)
and The CFIDS Association of America

