



## Adrienne THE SURVIVOR

For me, CFS started as a bad case of the flu and became a nightmare that lasted six years. I had debilitating fatigue, terrible migraines, memory loss, brain fog, I would sleep, but wake unrefreshed and totally exhausted. Although I'm mostly recovered, I feel a shock of my life. And every time I start to feel worse, I'm gripped by the memory of those six years. Today, I take nothing about my health for granted and try to make the most of each day.

**GET INFORMED. GET DIAGNOSED. GET HELP.**



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