



## Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS)



### Overview

This debilitating disorder causes severe exhaustion that doesn't go away after you rest. It makes even the most ordinary daily activities difficult to do.

### Causes

We don't know how or why ME/CFS develops. Scientists are studying possible links to certain viral infections. They are also looking at immune system problems and hormone imbalances. ME/CFS can affect anyone, but it's mostly seen in women in their 40s and 50s. The syndrome is four times more common in women than in men.

### Symptoms

ME/CFS is often misdiagnosed. That's because many other diseases have the same symptoms. The main symptom of ME/CFS is a heavy fatigue that lasts six months or more.

### Other Symptoms

You will also have at least four of these other symptoms. You may have unsatisfying sleep. Physical activity may leave you feeling bad for more than a day. You may have poor memory or severe headaches. You may have sore muscles, and pain in multiple joints. You may also have a sore throat or tender lymph nodes.

### Treatment

There is no cure for ME/CFS. Treatment depends on your symptoms. Treatment includes medications, modified sleep routines, stretching and massage therapy.

