

A comprehensive Guidebook to treatment options and the latest medical advances for Chronic Fatigue Syndrome. Fatigue is a very common symptom all over the world. However, chronic fatigue syndrome (CFS) is more than just fatigue, it is a complex of symptoms that is both prolonged (persisting longer than 6 months) and severe (associated with substantial disability). The term chronic fatigue syndrome was originally proposed by the U.S. Centers for Disease Control and Prevention in 1988 to replace numerous other names that had been used to describe the common set of symptoms for this syndrome, including febricula in 1750 and neurasthenia in 1869. The term myalgic encephalomyelitis is more commonly used in the United Kingdom to describe chronic fatigue syndrome. It has been estimated that chronic fatigue syndrome affects about 0.3% of the adult U.S. population. The syndrome is much more common in women than in men with women representing about 75% of all cases. The mean age of onset is between 30 and 40. Without treatment, the overwhelming majority of patients (95%) fail to recover and continue to suffer with the effects of the syndrome. Chronic fatigue syndrome has become the focus of considerable research since the 1980s, especially with respect to its underlying cause which is as yet unknown, although the cause is thought to be multifactorial. Research is devoted to uncovering a possible link to infectious organisms, among other possible causes, because of the typical flu-like symptoms that many patients experience with the onset of chronic fatigue syndrome. Because the cause of chronic fatigue syndrome is unknown, currently there is no known cure for this disorder. Consequently, treatment is primarily aimed at better controlling the symptoms of the syndrome. The goals of treatment include: * Reducing the severity of fatigue and controlling other symptoms * Helping patients gradually increase their level of activity * Helping patients to improve their quality of life so that they can better participate in social, recreational, and work-related activities. In general, the treatment options for people with chronic fatigue syndrome include: * Drug therapy * Cognitive-behavioral therapy * Nutritional and lifestyle interventions * Complementary and alternative therapies. Learn more by ordering your MediFocus Guidebook on Chronic Fatigue Syndrome, the most comprehensive, up-to-date source of information available. You will get answers to your questions, including: * What are the risk factors of Chronic Fatigue Syndrome? * What standard and alternative treatment options are available? * Where are the leading doctors, hospitals and medical centers that specialize in Chronic Fatigue Syndrome research and treatment? * What are the results of the latest clinical trials? * Where are the support groups and additional resources in my area? * What are the promising new treatments on the horizon? You won't find this combination of information anywhere else. Your health matters. Don't leave it to chance. Arm yourself with the most comprehensive, up-to-date research available by ordering your MediFocus Guidebook today.

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