

Myalgic Encephalomyelitis (ME) / Chronic Fatigue syndrome (CFS) Criteria

Illness Length

- Adults : 6 months
- Children : 3 months



Fatigue



Post-exertional
fatigue and malaise



Sleep dysfunction



Pain



Cognitive Dysfunction



1

Symptom
from

2

Of following categories



Autonomic
Nervous System
Dysfunction



Neuroendocrine
Dysfunction



Immune
dysfunction

Myalgic Encephalomyelitis Chronic Fatigue Syndrome

**Institute of Medicine, Board on the
Health of Select
Populations, Committee on the
Diagnostic Criteria for Myalgic
Encephalomyelitis/Chronic Fatigue
Syndrome**

Myalgic Encephalomyelitis Chronic Fatigue Syndrome:

Myalgic Encephalomyelitis / Chronic Fatigue Syndrome, 2003-02-06 An important medical milestone for anyone connected with ME CFS Myalgic Encephalomyelitis Chronic Fatigue Syndrome Clinical Working Case Definition Diagnostic and Treatment Protocols includes a clinical definition clinical diagnostic criteria for myalgic encephalomyelitis chronic fatigue syndrome ME CFS The clinical case definition was developed by an expert medical consensus panel of treating physicians teaching faculty and world leaders in the research of ME CFS An expert subcommittee of Health Canada established the Terms of Reference for the consensus panel The definition more adequately reflects the complexity of symptoms of a given patient's pathogenesis and should establish ME CFS as a distinct medical entity and help distinguish it from overlapping medical conditions in the absence of a definitive laboratory test The clinical definition will enable clinicians to make an early diagnosis which may assist in lessening the impact of ME CFS in some patients said Dr Bruce M Carruthers lead author of the definition It will reduce the expensive problem of patients being sent to many specialists before being diagnosed and will allow patients to receive appropriate treatments in a timely fashion The panel's clinical case definition determines that more of the prominent symptoms are compulsory and symptoms that share a common region of pathogenesis are grouped together for clarity In addition to severe prolonged fatigue the definition includes the hallmark symptoms of post exertional malaise and or fatigue sleep dysfunction pain two or more of the given neurological cognitive manifestations and at least one of the given symptoms from two of the categories of autonomic neuroendocrine and immune manifestations Diagnostic exclusions and common co morbid entities are also given The special issue of the Journal of Chronic Fatigue Syndrome also includes a discussion of prominent symptoms clinical practice diagnostic and treatment guidelines based on the best available research evidence and an overview of available research on ME CFS The expert panel of 11 physicians who have diagnosed and or treated more than 20 000 ME CFS patients between them has developed a clinical case definition that provides a flexible conceptual framework based on the characteristic patterns of symptom clusters which reflect specific areas of pathogenesis The expert subcommittee of Health Canada selected the expert consensus panel Authors include Dr Bruce M Carruthers lead author of the consensus document co author of the draft of the original version of the ME CFS clinical definition diagnostic and treatment protocols document internal medicine Galiano British Columbia Dr Anil Kumar Jain co author of the draft the original version of the ME CFS consensus document affiliate of Ottawa Hospital Ontario Dr Kenny L De Meirleir Professor Physiology and Medicine Vrije Universiteit Brussel Brussels Belgium ME CFS researcher and clinician organizer of the World Congress on Chronic Fatigue Syndrome and Related Disorders a board member of the American Association for Chronic Fatigue Syndrome and co editor of Chronic Fatigue Syndrome Critical Reviews and Clinical Advances Haworth Dr Daniel L Peterson affiliate of the Sierra Internal Medicine Associates in Incline Village Nevada ME CFS researcher and clinician a board member of the American Association for Chronic Fatigue Syndrome and member of the

International Chronic Fatigue Syndrome Study Group Dr Nancy G Klimas Clinical Professor of Medicine in Microbiology Immunology Allergy and Psychology University of Miami School of Medicine ME CFS researcher and clinician a board member of the American Association for Chronic Fatigue Syndrome and member of the federal CFS Coordinating Committee Dr A Martin Lerner staff physician at William Beaumont Hospital in Royal Oak Michigan Clinical professor and former chief of the Division of Infectious Diseases at Wayne State University s School of Medicine and ME CFS researcher and clinician Dr Alison C Basted haematological pathologist former head of the Division of Haematology and Immunology at the Toronto East General and Orthopaedic Hospital affiliate of the Environmental Health Clinic and Sunnybrook ME CFS researcher and clinician Dr Pierre Flor Henry Clinical Professor of Psychiatry University of Alberta Clinical Director of General Psychiatry and Director of the Clinical Diagnostic and Research Centre both based at Alberta Hospital in Edmonton Alberta Canada ME CFS brain researcher Dr Pradip Joshi internal medicine Clinical Associate Professor of Medicine at Memorial University of Newfoundland in St John s Canada Dr A C Peter Powles Professor Emeritus Faculty of Health Science McMaster University Hamilton Professor Faculty of Medicine University of Toronto Chief of Medicine and Sleep Disorders Consultant St Joseph s Health Centre Toronto Sleep Disorder Consultant at the Sleep Disorder Clinic at St Joseph s Healthcare Hamilton and Central West Sleep Affiliation Paris Ontario Dr Jeffrey A Sherkey family medicine affiliate of the University Health Network Toronto Ontario and diagnosed with chronic fatigue syndrome nearly 10 years ago Marjorie I van de Sande Consensus Coordinator and Director of Education for the National ME FM Action Network Canada Myalgic Encephalomyelitis Chronic Fatigue Syndrome Clinical Working Case Definition Diagnostic and Treatment Protocols also addresses diagnostic exclusions and common co morbid entities This groundbreaking book is must reading for anyone connected with the disease personally or professionally

Beyond Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Institute of Medicine, Board on the Health of Select Populations, Committee on the Diagnostic Criteria for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome, 2015-03-16 Myalgic encephalomyelitis ME and chronic fatigue syndrome CFS are serious debilitating conditions that affect millions of people in the United States and around the world ME CFS can cause significant impairment and disability Despite substantial efforts by researchers to better understand ME CFS there is no known cause or effective treatment Diagnosing the disease remains a challenge and patients often struggle with their illness for years before an identification is made Some health care providers have been skeptical about the serious physiological rather than psychological nature of the illness Once diagnosed patients often complain of receiving hostility from their health care provider as well as being subjected to treatment strategies that exacerbate their symptoms Beyond Myalgic Encephalomyelitis Chronic Fatigue Syndrome proposes new diagnostic clinical criteria for ME CFS and a new term for the illness systemic exertion intolerance disease SEID According to this report the term myalgic encephalomyelitis does not accurately describe this illness and the term chronic fatigue syndrome can result in trivialization and stigmatization for

patients afflicted with this illness Beyond Myalgic Encephalomyelitis Chronic Fatigue Syndrome stresses that SEID is a medical not a psychiatric or psychological illness This report lists the major symptoms of SEID and recommends a diagnostic process One of the report s most important conclusions is that a thorough history physical examination and targeted work up are necessary and often sufficient for diagnosis The new criteria will allow a large percentage of undiagnosed patients to receive an accurate diagnosis and appropriate care Beyond Myalgic Encephalomyelitis Chronic Fatigue Syndrome will be a valuable resource to promote the prompt diagnosis of patients with this complex multisystem and often devastating disorder enhance public understanding and provide a firm foundation for future improvements in diagnosis and treatment A

Physician's Guide to Myalgic Encephalomyelitis Nightingale Research Foundation,1992 [Chronic Fatigue Syndrome](#) Julie Whelan,Gregory R. Bock,2008-04-30 Documents the latest results and opinions on the causes and possible cures for this disorder Coverage includes retroviral involvement immunity pathophysiology and pharmacological treatment of chronic fatigue syndrome **Understanding Chronic Fatigue Syndrome** Naheed Ali,2015-09-22 Chronic fatigue syndrome CFS is

a condition that causes persistent and debilitating tiredness The condition has no obvious cause but persists for more than six months and patients tend to avoid activity due to constant fatigue A wide variety of causes are thought to contribute to the condition while the relatively low disease prevalence and lack of diagnostic criteria has made it difficult to identify and diagnose CFS Here Naheed Ali presents an overview of CFS its causes symptoms and outcomes and the treatment options available to sufferers He also includes information about lifestyle changes preventative measures and emotional and mental approaches to having the disorder Readers will find here a ready resource for understanding CFS and the various ways of approaching it and living well in spite of it **Missed Diagnoses Myalgic Encephalomyelitis & Chronic Fatigue Syndrome Second Edition** Byron Hyde MD,2010 A few notes on this NEW revised and expanded edition which includes Dr

Hyde s chapter from the new Puri Treasaden textbook Thirty years ago when a patient presented to a hospital clinic with unexplained fatigue any medical school physician would have told the students to search for an occult malignancy cardiac or other organ disease or chronic infection The concept that there is an entity called chronic fatigue syndrome has totally altered that essential medical guideline Patients are now being diagnosed with CFS as though it were a disease It is not It is a patchwork of symptoms that could mean anything The original concepts of searching for occult disease are relevant to patients today with CFS ME and other fatiguing illnesses Furthermore because you do not find pathology does not mean there is none Byron Hyde **Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: Understanding**

Pathophysiology, Diagnosis, and Management Dr. Spineanu Eugenia,2025-02-19 Discover a comprehensive exploration of Myalgic Encephalomyelitis Chronic Fatigue Syndrome ME CFS in this in depth treatise This authoritative resource delves into the complex pathophysiology emerging biomarkers and novel therapeutic targets associated with ME CFS Learn about the latest advancements in diagnosis treatment strategies and the role of lifestyle modifications in managing symptoms With

a focus on psychological and social determinants of health this treatise offers valuable insights into the multifaceted nature of ME CFS Additionally explore innovative clinical trials and complementary therapies that hold promise for improving patient outcomes Whether you are a healthcare professional researcher or patient this treatise serves as an essential guide to understanding ME CFS and the latest developments in its management Enhance your knowledge and support your journey through the complexities of this debilitating condition with this well researched evidence based resource Myalgic Encephalomyelitis / Chronic Fatigue Syndrome Alberto de Shayo,2014-05-14 Myalgic Encephalomyelitis Chronic Fatigue Syndrome Clinical Working Case Definition Diagnostic and Treatment Protocols presents an important medical milestone a clinical definition clinical diagnostic criteria for myalgic encephalomyelitis chronic fatigue syndrome ME CFS The clinical case definition was developed by an expert medical consensus panel of treating physicians teaching faculty and world leaders in the research of ME CFS An expert subcommittee of Health Canada established the Terms of Reference for the consensus panel The definition more adequately reflects the complexity of symptoms of a given patientOCOs pathogenesis and should establish ME CFS as a distinct medical entity and help distinguish it from overlapping medical conditions in the absence of a definitive laboratory test This special issue of the Journal of Chronic Fatigue Syndrome also includes a discussion of prominent symptoms clinical practice diagnostic and treatment guidelines based on the best available research evidence and an overview of available research on ME CFS

Chronic Fatigue Syndrome Roberto Patarca Montero,Kenny De Meirleir,2000-11-06 Try cutting edge treatments tested by international experts Chronic Fatigue Syndrome Critical Reviews and Clinical Advances presents the latest research and clinical findings of internationally recognized experts in chronic fatigue syndrome CFS and myalgic encephalomyelitis ME Edited by the organizer of the Second World Congress on Chronic Fatigue Syndrome and Related Disorders this work focuses on the exciting research presented there Starting with a thorough review of new literature the volume continues with scientific reports of research on these mysterious devastating illnesses Chronic Fatigue Syndrome dispels some of the mystery and offers new avenues for research and treatment as well as specific treatment regimes to combat the chlamydia and rickettsiae infections that sometimes underlie CFS ME Discover the latest theories on the etiology physiology and treatment of CFS ME including links between CFS ME and rheumatoid arthritis Gulf War Illness and fibromyalgia the disease s effects on neurologic function and the immune system the rhythms of fatigue and wellness caused by the disease human herpes virus 6 infection in patients with CFS ME case reports on stress and hormones in CFS ME patients role of rickettsiae and chlamydiae in the psychopathology of chronic fatigue The innovative research in Chronic Fatigue Syndrome Critical Reviews and Clinical Advances will keep your knowledge of these disorders current and up to date and enable you to offer your CFS ME patients the best possible care

Chronic Fatigue Syndrome Sylvia Engdahl,2011-09-20 Chronic Fatigue Syndrome causes extreme fatigue that can t be explained by any underlying medical condition The fatigue may worsen with physical or mental activity and it doesn t improve with rest

Provide your readers with essential information on CFS This book also serves as a historical survey by providing information on the controversies surrounding its causes Compelling first person narratives by people coping with Chronic Fatigue Syndrome give readers a first hand experience Readers will learn from the words of patients family members or caregivers The symptoms causes treatments and potential cures are explained in detail Alternative treatments are also covered Each essay is carefully edited and presented with an introduction so that they are accessible for student researchers and readers

Adolescence and Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Roberto Patarca Montero, Naida Brotherston, 2001-01-03 How thorough is your understanding of ME CFS *Adolescence and Myalgic Encephalomyelitis Chronic Fatigue Syndrome Journeys with the Dragon* examines the firsthand experiences of four young women stricken with this stigmatized chronic illness and offers advice and support for the victims as well as for their family and friends The book focuses on the ways they cope with a stigmatizing chronic illness during adolescence and the impact it has on their lives It offers a personal guide to survival that will appeal to adolescent patients and parents and it provides a window into the psychosocial implications of illness that is well suited to professionals Providing a description of symptoms that vary in intensity every day such as fatigue migraine headaches muscle pain and or weakness cognitive dysfunction and more this valuable book also gives suggestions on how to cope with this disease as it looks at these patients experiences from a psychological perspective You will find reassurance support and an increase in knowledge as you become familiar with ME CFS and you will learn how real people are living with and managing this illness with strength and courage Comprehensive and compelling *Adolescence and Myalgic Encephalomyelitis Chronic Fatigue Syndrome* will appeal both to experts and novices A chronology of the participants experiences in their own words is followed by scientific discussion of an inductively derived theory that applies to that patient Some of the areas that *Adolescence and Myalgic Encephalomyelitis Chronic Fatigue Syndrome* focuses on are the role of stigma for patients and their families family interaction chronic illness management peer concerns development of the self interaction with broader institutions such as medical educational and insurance government disability programs *Adolescence and Myalgic Encephalomyelitis Chronic Fatigue Syndrome* also addresses issues and topics that need to be explored in the future in order to help individuals and families lead easier and more independent lives [HELP ME! What I Wish Families Knew About ME/CFS](#) Dr Cherla Meisterman Lisw, PhD, Michael McVicker Ocpsii, 2020-05-28 [HELP ME! What I Wish Families Knew About ME CFS](#) subtitled MYALGIC ENCEPHALOMYELITIS ME Also Known As CHRONIC FATIGUE SYNDROME by Rebecca Susan Culbertson MSW LISW Foreword by Dr Cherla Meisterman PhD LISW [HELP ME! This book pleads for families partners and friends to educate themselves about this horrific illness that literally rips families apart](#) Divorce rates are over 75% for couples when a spouse has been diagnosed with ME CFS A frightening statistic This book is written for those who have been diagnosed with Chronic Fatigue Syndrome CFS Myalgic Encephalomyelitis ME Fibromyalgia or any other chronic debilitating disease It is written for

those who are in limbo suffering still without a diagnosis and this book is also written to educate families and friends of persons with ME CFS This book will help you learn how to maintain your dignity while dealing with doctors who doubt your illness You will discover self reporting charts later in this book for use with family physicians employers and others It is difficult to maintain your self confidence if persons in your life do not understand the current state of your functioning It is of vital importance to educate those around you when you are able This book can be a tool to that end The book provides information about when and how to apply for disability insurance you certainly deserve Are you watching your former financial security implode right before your eyes Learn how to deal with creditors and how to manage financial debt with less stress The book will teach you techniques that the author has used in her Family Therapy Practice with patients in living lives of positivity seeking happiness and practicing humility Learn methods of living with ME CFS while still setting life goals to realistically achieve your dreams And importantly the book is written from the viewpoint of having been diagnosed with ME CFS herself and then filtered through her professional perspective as a psychotherapist Michael McVicker a Prevention Specialist and Family Therapist concludes this book in Chapter 26 with THE IMPORTANCE OF HAVING A PERSONAL SUPPORT SYSTEM Michael uses true life storytelling mixed with humor to inform families from his section titled A VIEW FROM THE SIDELINE He tells his story from watching at times helplessly and supporting his spouse the author of this book through the misery this illness brings He also writes through the lens of being a stepfather to their two teenage sons and watching their ascent into adulthood He deals with topics not currently addressed in other ME CFS literature currently available including sex and intimacy Divorce is seldom the most ecological solution to this real life crisis Divorce only exacerbates the familial problems Dr Cherla Meisterman PhD LISW Dr Cherla s Musings Chapter 18 offers methods of treating patients with ME CFS and attempts to invite other professional therapists to join her in treating this very needy population With divorce rates so high questions arise about why more ME CFS patients do not seek psychotherapy treatment To me as a ME CFS sufferer it is very clear Treatment is financially prohibitive and more importantly persons with this diagnosis have been told verbally and nonverbally over and over it s all in your head So why would any ME CFS patient want to go to psychotherapy Why go and prove the wrong headed physicians correct it s all in my head If the patient is supported by his or her partner and if the patient feels believed that their illness is real then psychotherapy may become an option that could potentially save relationships and lower divorce rates Dr Cherla addresses how to go about selecting the best therapist for you and things to consider prior to making that phone call There are worksheets included for your written expression and for use with physicians family members and others Chronic Fatigue Syndrome Gregg Charles Fisher,Paul R. Cheney,Nelson M. Gantz,David C. Klonoff,James M. Oleske,2009-09-26 In this enlightening and compassionate guide one of the foremost specialists in Chronic Fatigue Syndrome himself a ten year survivor of the disease helps victims and their loved ones regain control of their lives This updated edition includes new information about current medical treatments related

disorders and strategies for living with the CFS **Myalgic Encephalomyelitis** Dr Keith Little,2023-08-21 Myalgic encephalomyelitis chronic fatigue syndrome ME CFS is a complicated ailment It causes extreme fatigue that lasts for as a minimum six months Symptoms worsen with physical or mental hobby however do not absolutely enhance with relaxation The cause of ME CFS is unknown even though there are numerous theories Professionals agree with it might be brought about by way of a combination of things There may be no unmarried take a look at to affirm a diagnosis You may need a selection of scientific tests to rule out different fitness issues which have comparable signs and symptoms Treatment for the condition specializes in easing signs Chronic fatigue syndrome CFS is characterized by using profound tiredness irrespective of bed relaxation Its signs and symptoms may additionally get worse with physical or mental pastime CFS can manifest all of sudden and remaining for years The situation influences greater women than men Chronic fatigue syndrome CFS is a form of fatigue or exhaustion that lasts six months or longer This will save you you from completing your day by day habitual or getting away from bed Further it can cause headaches and joint and muscle ache Treatment can assist control signs and symptoms with remedy sleep hygiene and hobby management **ME/CFS** Viggo Faber,2001 **Chronic Fatigue Syndrome** Megan A. Arroll,2014-07-17 Chronic Fatigue Syndrome CFS ME affects around 250 000 people in the UK and an estimated one million in the USA With a characteristic profile of severe exhaustion flu like symptoms and unrefreshing sleep it has no cure but often improves with treatment and self help This book by an expert who herself experienced chronic fatigue presents the latest thinking on the condition along with tried and tested advice on how to manage it **Can I tell you about ME/Chronic Fatigue Syndrome?** Jacqueline Rayner,2014-01-21 Mollie and her family help readers to understand what it is like to have ME CFS and how it can affect their day to day family life They explain what ME CFS is and how it can affect people in different ways This illustrated book is packed with accessible information and will be an ideal introduction to this often misunderstood condition **Chronic Fatigue Syndrome** John Campling, Frankie Campling,1997 **Chronic Fatigue Syndrome/Myalgic Encephalomyelitis** Giovanni Ricevuti,Lorenzo Lorusso,2023-01-12 Offers information on chronic fatigue syndrome CFS also known as myalgic encephalomyelitis provided by Roger Burns Includes the latest news on CFS a FAQ section an electronic newsletter related discussion groups and sites of related interest **Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS)** Warren Tate,Katie Peppercorn,2025-05-15 This detailed volume explores the condition of Myalgic Encephalomyelitis Chronic Fatigue Syndrome ME CFS and the recent techniques used to investigate the dysfunctional pathophysiology in patients Beginning with a section on diagnosis the book continues by covering the chronic cellular and molecular changes in the peripheral immune system that affect their molecular homeostasis metabolic changes as well as imaging technologies to understand the brain s dysfunction in aberrantly regulating body physiology in ME CFS Written for the highly successful Methods in Molecular Biology series chapters include introductions to their respective topics lists of the necessary materials and reagents step by step and readily

reproducible laboratory protocols and tips on troubleshooting and avoiding known pitfalls Authoritative and practical Myalgic Encephalomyelitis Chronic Fatigue Syndrome ME CFS Methods and Protocols serves as an ideal guide for clinicians and researchers working to better understand post viral stressor conditions in order to improve the lives of those affected with ME CFS and most recently long COVID

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Myalgic Encephalomyelitis Chronic Fatigue Syndrome Introduction

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