

Some CFIDS - Related Issues

1. Ruling Out Other Illnesses Which Can Cause Fatigue

There are no specific lab tests for diagnosing CFS. Before your doctor makes a diagnosis of CFS, he or she may need to rule out other illnesses or disorders which may cause fatigue. Sometimes we have these illnesses in addition to CFS/Fibromyalgia, and it's important to find out.

Fatigue may be related to any of the following:

Adrenal insufficiency	Depression	Menopause
Adverse drug reactions	Diabetes	Mixed Infection
AIDS/HIV	Endocrine disorders	Syndrome (MIS)
AIDS-related complex (ARC)	Environmental Illness	Mononucleosis
Allergies	Multiple Chemical Sensitivity	Multiple Sclerosis (MS)
Alzheimer's disease	Epstein-Barr Virus (EBV)	Mycoplasma
Anemia	Fibromyalgia Syndrome (FMS)	Neurological disorders
Anxiety/Panic attacks	Food allergies	Parasites
Autoimmune diseases	Gastrointestinal disorders	Post-polio syndrome
Bacterial infection	Hepatitis (A, B, C, etc.)	Psychological disorders
Cancer	Herpes viruses (HHV6)	Pulmonary disorders
Candida Albicans	Hodgkin's disease	Sleep disorders
Cardiovascular disorders	Hypogammaglobulinemia	Stress
Chemical hypersensitivity	Hypoglycemia	Systemic diseases
Chronic exposure to low level electromagnetic radiation	Immunological disorders	Thyroid disorders
Clinical depression	Lethargy	(Hashimoto's disease, etc.)
Cognitive dysfunction	Leukemia	Toxicity (including pesticide exposure, etc.)
Cytomegalovirus (CMV)	Liver disorders	Tuberculosis
Degenerative disease	Lupus	Venereal diseases
Dental (mercury poisoning, etc)	Lyme disease	Viruses / Retroviruses
	Malnutrition	

2. Depression and Chronic Fatigue Syndrome

Many doctors still insist that CFS is caused by depression because symptoms of depression mimic some CFS symptoms. However, CFS involves a number of physical symptoms—such as fevers, swollen glands, memory loss, muscle weakness and joint pain—which are not caused by depression. People with clinical depression tend to lose interest in their daily activities, while people with CFS generally remain interested in their activities, although in severe stages they may often lack the energy to carry out those activities. One may have depression in addition to other illnesses, including CFS.

3. Psychological and Emotional Impact of CFS

People with CFS may experience psychological or emotional symptoms such as denial, anger, fear, anxiety, depression, mood swings, frustration, mourning, hopelessness, loss of personal control, or devastation. Those who accept the fact that they have a chronic illness and adjust to it generally cope better than those who deny CFS. To overcome the sense of isolation, they may join support groups and help each other. Understanding, hope and optimism help with healing and recovery.