

# Treatment for Chronic Fatigue Syndrome CFS - Chronic Fatigue Diagnosis

## CFS Diagnosis

During a Chronic Fatigue Diagnosis the doctor usually finds no physical abnormalities. The treatment for Chronic Fatigue Syndrome CFS is determined by the diagnosis of Chronic Fatigue. The diagnosis is made by taking a medical history, ruling out other possible conditions. Blood tests may help to rule out other illnesses, but there is no specific test for the diagnosis of Chronic Fatigue CFS. Although making the diagnosis of Chronic Fatigue can greatly help the patient. Recovery and treatment of Chronic Fatigue Syndrome can take years, but most people do recover.

Patients receiving CFS treatment need a regular review every couple of months incase any new symptoms appear, as the treatment for chronic fatigue syndrome will need to be re-evaluated. Patients who do not respond to chronic fatigue syndrome treatments may be referred to a team including a doctor, psychiatrist, psychologist, occupational therapist, physiotherapist and liaison nurse for treating both the physical and psychological aspects of the illness.

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## Chronic Fatigue Diagnosis

The CHRONIC FATIGUE diagnosis is based on the exclusion method. This means that before the Chronic Fatigue diagnosis, the physician has ruled out any other disease or condition that may be causing fatigue and related symptoms.

In general, physicians find it difficult to diagnose the disease as Chronic Fatigue and Fibromyalgia both have overlapping symptoms. There is no diagnostic or laboratory procedure to confirm the presence of Chronic Fatigue Syndrome. Physicians often rule out certain conditions before considering a Chronic Fatigue diagnosis, these include:

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- Having an active medical condition that often results in fatigue, such as low levels of thyroid hormones (hypothyroidism) or a sleep disorder
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- Using prescription medicines that may cause fatigue
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- Having a relapse of a previously treated illness that can result in fatigue, such as cancer

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Having had a past or current diagnosis of a major depressive disorder or other psychiatric illness, such as schizophrenia, dementia, or an eating disorder

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Abuse of alcohol or another substance

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Being severely obese, as defined by a body mass index (BMI) of 45 or greater

### Treatment For Chronic Fatigue Syndrome

There is no specific treatment for Chronic Fatigue Syndrome, however, a combination of the following procedures is extremely helpful in relieving and returning the CFS patient's symptoms to a normal level of stress and fatigue free living:

Treatment of Chronic Fatigue Pain - There are a few natural remedies for pain on the market, although you may want to try Pain-Eze as it has proven to be highly effective for headaches, and the muscle and joint pain associated with Chronic Fatigue Syndrome and Fibromyalgia. Pain-Eze is a natural medicine with NO harmful side effects.

Lifestyle Changes - The patient must slow down and cut back on less important activities to avoid excessive physical and psychological stress. This may save energy for essential activities at home or at work.

Gradual but Steady Exercise - The patient must begin a graded exercise program in which physical activity is gradually increased. This can help prevent or decrease muscle weakness caused by prolonged inactivity, resulting in significant improvement in physical and mental energy.

### Pharmaceutical Medications for CFS?

Many pharmaceutical medications cause adverse reactions or side effects that are worse than the original CFS symptoms. The patient must seek all options before starting any treatment program for Chronic Fatigue Syndrome, although Optimize has proven to be an excellent choice for many chronic fatigue and fibromyalgia patients. It is a safe, naturally balanced, energy support product for boosting overall low energy levels.

### What Are Some Self Care Tips Used in The Treatment of Chronic Fatigue Syndrome?

Learning how to manage fatigue can help improve your quality of life and overall body/mind functioning. The lack of proven effective treatment can be frustrating for both the patient and physician. Optimum health can be maintained by

taking these important self care steps:

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**Reduce Stress** - Develop a plan to avoid or limit overexertion and emotional stress. Allow time to relax every day. This may mean learning how to say no without guilt. If possible, do not totally change a routine.

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**Remain Active** - Patients who quit work or drop all activity tend to do worse than those who remain active.

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**Get Enough Sleep** - Getting sufficient sleep is essential. In addition to allotting enough time for sleep, practice good sleep habits such as going to bed and getting up at the same time each day, limiting daytime napping. See Sleep page for changing sleep patterns, and try Nite-Rest, it has helped many chronic fatigue and fibromyalgia patients balance their sleep patterns.

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**Exercise Regularly** - At first, exercise may increase fatigue and pain, but regular exercise often improves chronic fatigue symptoms. Appropriate exercise includes: walking, swimming, biking, and water aerobics.

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Optimum balanced posture, stretching, and relaxation exercises are excellent as a treatment for Chronic Fatigue, and are helpful in relieving symptoms.

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**Maintain a Healthy Lifestyle** - Eat a balanced diet, drink plenty of fluids, limit caffeine intake, limit smoking, get adequate rest, and exercise regularly. Find a hobby or career that is enjoyable and fulfilling.