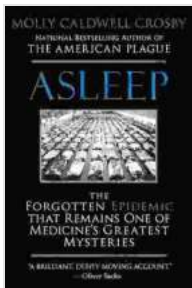


The Forgotten Epidemic: One of Medicine's Greatest Mysteries

Myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) is a debilitating condition that affects millions of people worldwide. Despite its prevalence, ME/CFS remains one of medicine's greatest mysteries. This article explores the history, symptoms, and challenges of ME/CFS, and discusses the latest research and treatments for this forgotten epidemic.



Asleep: The Forgotten Epidemic that Remains One of Medicine's Greatest Mysteries by Molly Caldwell Crosby

★★★★☆ 4.4 out of 5

Language : English
File size : 926 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 223 pages



History of ME/CFS

ME/CFS was first recognized in the 1930s, when an outbreak of a mysterious illness affected thousands of people in the United States. The illness was initially called "epidemic neuromyasthenia," and its symptoms included fatigue, muscle weakness, and headaches. In the 1950s, the illness was renamed "chronic fatigue syndrome," and it was thought to be a psychosomatic disorder. However, research in the 1980s and 1990s showed that ME/CFS is a real, physical illness.

Symptoms of ME/CFS

The symptoms of ME/CFS can vary from person to person, but the most common symptoms include:

- Fatigue that is unrelieved by rest
- Muscle weakness
- Headaches
- Difficulty concentrating
- Memory problems
- Sleep problems
- Gastrointestinal problems
- Pain

ME/CFS can also cause a variety of other symptoms, such as anxiety, depression, and social isolation. The severity of symptoms can vary from mild to severe, and some people with ME/CFS are unable to work or attend school.

Challenges of ME/CFS

ME/CFS is a challenging condition to diagnose and treat. There is no single test for ME/CFS, and the diagnosis is often based on a patient's symptoms and medical history. There is also no cure for ME/CFS, and treatment focuses on managing symptoms and improving quality of life.

One of the biggest challenges of ME/CFS is the lack of awareness about the condition. Many people with ME/CFS are misdiagnosed or told that

their symptoms are "all in their head." This can lead to feelings of isolation and despair.

Research and Treatments for ME/CFS

There is a growing body of research on ME/CFS, and new treatments are being developed all the time. Some of the most promising treatments for ME/CFS include:

- Cognitive behavioral therapy (CBT)
- Graded exercise therapy (GET)
- Medication
- Supplements

CBT and GET can help people with ME/CFS manage their symptoms and improve their quality of life. Medication can also be helpful in managing symptoms, and some supplements may also be beneficial.

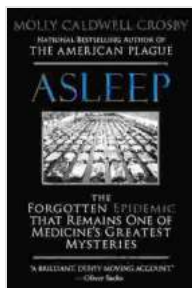
ME/CFS is a debilitating condition that affects millions of people worldwide. Despite its prevalence, ME/CFS remains one of medicine's greatest mysteries. However, there is a growing body of research on ME/CFS, and new treatments are being developed all the time. With continued research and awareness, we can help to solve the mystery of ME/CFS and improve the lives of those who live with this condition.

If you think you may have ME/CFS, talk to your doctor. There is no cure for ME/CFS, but there are treatments that can help manage symptoms and improve quality of life.

For more information on ME/CFS, visit the website of the National Institute of Neurological Disorders and Stroke:

[https://www.ninds.nih.gov/DisFree Downloads/All-DisFree](https://www.ninds.nih.gov/DisFree%20Downloads/All-DisFree)

[Downloads/Myalgic-Encephalomyelitis-Chronic-Fatigue-Syndrome-ME-CFS](https://www.ninds.nih.gov/DisFree%20Downloads/All-DisFree%20Downloads/Myalgic-Encephalomyelitis-Chronic-Fatigue-Syndrome-ME-CFS)



Asleep: The Forgotten Epidemic that Remains One of Medicine's Greatest Mysteries by Molly Caldwell Crosby

★★★★☆ 4.4 out of 5

Language : English
File size : 926 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 223 pages

FREE

DOWNLOAD E-BOOK



Discover the Enigmatic Beauty and Profound Meaning in "The Art of Nothing"

An Exploration of Emptiness, Fulfillment, and the Essence of Existence
In the realm of art and human experience, there lies a profound paradox that has captivated...



The Life and Times of the Woman Who Changed Abortion: The Roe v. Wade Story

Norma McCorvey, the woman known as "Jane Roe" in the landmark Supreme Court case Roe v. Wade, lived a life marked by both tragedy and triumph. Born into poverty in...