Half-million Americans suffer from chronic fatigue syndrome

The Centers for Disease Control and Prevention estimate that at least 1 million Americans suffer from chronic fatigue syndrome. The disease, also known as CFS, is characterized by extreme fatigue that is not relieved by rest and can be worsened by everyday activities. The cause of CFS is unknown, and there is no cure.

Many people with CFS report that their symptoms began after a viral illness such as the flu. Others report that their symptoms started gradually. The severity of CFS can vary from person to person, and some people may be able to manage their symptoms with medication and lifestyle changes.

The Centers for Disease Control and Prevention recommend that people with CFS talk to their doctor about their symptoms and discuss treatment options. There is no cure for CFS, but some treatments may help manage the symptoms. These may include medications to manage pain, fatigue, and muscle weakness, as well as counseling and support groups.

It is important to note that CFS is not a form of laziness or weakness, and people with CFS should not be judged or criticized for their symptoms.