LATINOS ALTAMENTE AFECTADOS POR SÍNDROME DE FATIGA CRÓNICA

La población latina en los Estados Unidos, la vida familiar y otras actividades laborales, la salud mental y el bienestar de los pacientes. La CFS puede interrumpir la productividad laboral, la vida familiar y afectar a personas jóvenes, en la pluralidad de sus vidas.

El artículo del psiquiatra y profesor de medicina Leonard J. Jaffe, "Estudio de la Fatiga Crónica en la comunidad", que aparece en la edición número 11 de los Archivos de Medicina Interna de la Asociación Médica Americana, reporta que la CFS afecta a casi dos veces más latinas que los puertorriqueños. La población latina en los Estados Unidos, la vida familiar y otras actividades laborales, la salud mental y el bienestar de los pacientes. La CFS puede interrumpir la productividad laboral, la vida familiar y afectar a personas jóvenes, en la pluralidad de sus vidas.

El estudio encontró, además, que el CFS afecta a más mujeres que el cáncer del seno y del pulmón, 522 mujeres por 100,000 comparado con 291 hombres por 100,000. "Cuando se compara la incidencia de CFS en mujeres con el riesgo de otras enfermedades, CFS resulta ser una seria preocupación para la salud de las mujeres," dijo Jaffe. El estudio, dirigido por investigadores de las Universidades DePaul, Northern Illinois y Northwestern, Universidades de Illinois en Chicago y el Mercy Hospital, recibió el apoyo financiero de los Institutos Nacionales de Salud, por 225,000 dolares.

Latinos Highly Affected by Chronic Fatigue Syndrome

Once thought to be a condition affecting white middle-class women, a new study by a DePaul University professor reports that Latinos have the highest prevalence of Chronic Fatigue Syndrome (CFS) at 726 cases per 100,000 people.

CFS is a condition with severe symptoms, including fatigue, headaches, and unrefreshing sleep. Because it is difficult for physicians to differentiate CFS from other diseases, the condition went undiagnosed or misdiagnosed for many years in many patients. CFS can interrupt work productivity, family life, and social activities of people of all ages.

Psychiatry Professor Leonard Jaffe's article, "Community-Based Study of Chronic Fatigue Syndrome," which appeared in the Oct. 11 issue of the American Medical Association's "Archives of Internal Medicine," reports that CFS affects almost twice as many Latinos as the national average of 423 cases of every 100,000 Americans.

The Latino population sampled within the study was primarily comprised of Mexican Americans and Puerto Ricans. Jaffe indicated in his report that the elevated rate of CFS in Latinos may be attributable to poor or deteriorating health status as the result of psychological or social stress, behavioral risk factors, poor nutrition, inadequate health care, and environmental exposures.

"This is the first random sampling with full medical work-up of a clinically diverse population," Jaffe said. "Data from our study indicates that CFS is more common among the chronically ill."

"According to the study, more than 90 percent of those sampled and found to have CFS were previously undiagnosed. This indicates that there are many people in the general population who are not currently diagnosed or under adequate medical care."

The study also found that CFS affects more women than men, breast and lung cancer - 726 women per 100,000 compared to 51 men per 100,000. "When comparing the prevalence of CFS in women to the prevalence of other diseases, CFS emerges as a serious women's health concern."

Conducted by researchers from DePaul, Northern Illinois and Northwestern universities, the University of Illinois at Chicago and Mercy Hospital, financial support for the study was provided by a $255,000 grant from the National Institutes of Health.