 You sick and tired of being sick and tired? Does it seem like you are always fighting tiredness that never seems to go away? It is possible that you have Chronic Fatigue and Immune Dysfunction Syndrome, most commonly known as CFIDS.

### Symptoms:

- Exhaustion
- Extremely poor stamina
- Psychological problems
- Sore throat
- Tender lymph nodes
- Muscle pain
- Reduction in previous levels of activity
- Visual disturbances
- Chills and night sweats
- Shortness of breath
- Dizziness and balance problems
- Sensitivity to heat and cold
- Intolerance of alcohol
- Irregular heartbeat
- Abdominal pain



### What Causes CFIDS?

CFIDS has been associated with a dysfunction of the immune system. When the body has a lowered amount of blood cells that are needed to fight off infection, the body doesn't feel right.

CFIDS can also be the result of another illness such as Mono, Lupus, Polio, MS, Fibromyalgia or AIDS related immune deficiencies.

Because the body can't fight off infection like it should, a person suffering from CFIDS is more prone to other illness.

### How is it diagnosed?

-  Medical History Taken
-  Physical Exam
- Psychological Exam
- Blood Tests
- Must exhibit unexplained, constant or reoccurring fatigue that is not linked to over exertion.
- Must have at least 4 symptoms at the same time.

### Spreading CFIDS?

One is most likely not to contract CFIDS through contact, but sufferers are advised to refrain from donating blood until its transmission is better understood.

### Finding A Doctor

CFIDS has not been classified to any one medical discipline; therefore finding a doctor is a matter of finding physician with the resources or prior knowledge of CFIDS.

### Misc. Information

- Symptoms are individualistic and vary in severity.
- No single cure, but a mix of prescription drugs (tailored in low doses to each individual) are given.
- Most CFIDS sufferers show improvement over time but relapses can occur.