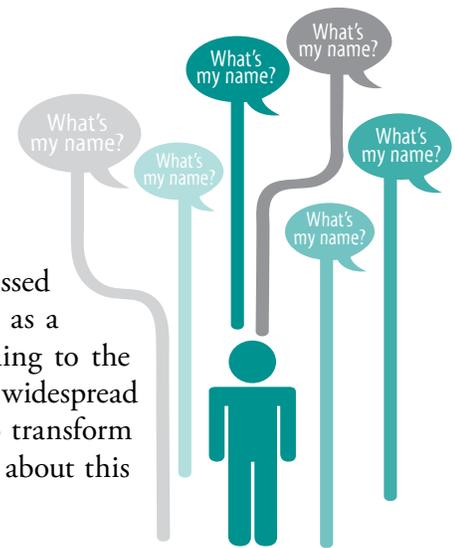


ME/Chronic Fatigue Syndrome

What's the Final Answer?

by Margy Squires

More so than fibromyalgia, ME/chronic fatigue syndrome (ME/CFS) is dismissed as a “yuppie flu”, post-Epstein Barr syndrome and struggles to gain respect as a treatable entity. Even the name suggests that ME/CFSers are just “tired”. According to the World Health Organization, ME/CFS is a “neurological disease, characterized by widespread inflammation and multi-systemic neuropathology”. Hardly trivial! The first step to transform patients’ and public opinion was to change the name. So how much do you know about this newly named disease that affects more than 1 million people?



1 The suggested new name for ME/CFS is:

- a) Chronic Fatigue Neuro-Dysfunction (CFND)
- b) Systemic Exertion Intolerance Disease (SEID)
- c) Multi-Systemic Neuropathology (MSNP)
- d) Myalgic Encephalopathy (MEP)

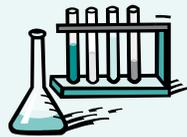


7 CoQ10 deficiency in SEID is linked to these symptom(s):

- a) fatigue & brain fog
- b) exercise intolerance
- c) orthostatic hypotension
- d) all of the above

2 Symptoms may vary but include:

- a) unrefreshing sleep
- b) concentration problems
- c) post-exertional malaise
- d) all of the above



3 SEID is diagnosed by:

- a) taking a specific SEID test
- b) a thorough medical exam & blood tests
- c) fatigue symptoms lasting 6 months or more
- d) MRI or CT scan

8 Post-Exertional Malaise (PEM) is a primary SEID symptom.

- a) true
- b) false



9 Conditions that commonly occur along with SEID are:

- a) multiple chemical sensitivity (MCS)
- b) fibromyalgia (FMS)
- c) irritable bowel syndrome (IBS)
- d) all of the above

4 What percent of people with SEID are estimated to be undiagnosed?

- a) 11-20%
- b) 35-45%
- c) 60-70%
- d) 84-91%



10 Orthostatic intolerance in SEID means:

- a) worsening of symptoms when standing up
- b) intolerance of wearing shoes
- c) intolerance of static shocks
- d) b & c

5 SEID is curable.

- a) true
- b) false

11 Correcting low red blood cell magnesium in SEID:

- a) helps energy & pain
- b) improves sleep & mood
- c) reduces related SEID heart disease risk
- d) all of the above

6 Initial treatment modalities may involve:

- a) boosting immune & neuro-endocrine system
- b) restoring nutrient levels & restful sleep
- c) graded exercise to tolerance
- d) a & b

12 In what population is SEID most prevalent?

- a) women
- b) men



A smart defense is the best offense! Answer key on next page. No peeking!

ME/Chronic Fatigue Syndrome *continued*



1) b. On February 10, 2015, the Institute of Medicine (IOM) released a landmark report with several recommendations, one of which was the name change, although federal and other world organizations have yet to approve SEID as the new name. IOM states SEID will “more accurately capture the central characteristics of the illness.” **2) d.** These three symptoms must be present for at least 6 months for a diagnosis of SEID per the IOM. **3) b.** The Centers for Disease Control (CDC) suggests a full exam to rule out other disorders that could also cause fatigue (low thyroid, infections, etc.). **4) d.** With an estimated 84% to 91% of those with ME/CFS not yet being diagnosed, the IOM suggests “the true prevalence of ME/CFS is unknown.” **5) b.** The CDC states there is no known cause or cure yet for SEID, so treatment consists of relieving symptoms. **6) d.** Multiple sources and *PubMed* review studies on complementary therapies for SEID. **7) d.** A 2009 study of SEID patients shows a CoQ10 deficiency correlates to increased severity of nearly all symptoms (Maes et al, *Neuro Endocrinol Lett*). **8) a.** The IOM states that PEM occurs following mental or physical exertion that was once tolerable. **9) d.** In a representative twin study, SEID patients were 70% more likely to also have FMS, 73% IBS and 53% MCS (Aaron et al, *J Intern Med* 2001). **10) a.** The Mayo Clinic defines orthostatic intolerance/hypotension as “a form of low blood pressure” caused by the body’s difficulty in regulating blood pressure when standing up. **11) d.** In an early double-blind, placebo-controlled studying of the role of magnesium in SEID, results showed that when treated with magnesium, participants had some improved symptoms (Cox et al, *Lancet* 1991). This finding has been validated in subsequent studies (Pacini et al, *Med Hypotheses* 2012, Alraek et al, *BMC Complement Altern Med* 2011 & more). **12) a.** Women are 2 to 4 times more likely to be affected by SEID (CFS Fact Sheet, womenshealth.gov).

©TyH Publications (M. Squires) with contribution from Ivy Wood.

For informational purposes only and not intended to diagnose, cure, treat or prevent any medical condition.



MORE Final Answer quizzes in the TyH Online Health Library!

Health
POINTS

Published in *Health Points*. This article is protected by copyright and may not be reproduced without written permission. For information on a subscription, please call TyH Publications, 1-800-801-1406 or write TyH Publications, 12005 N. Saguaro Blvd., Ste. 102, Fountain Hills, AZ 85268. E-mail editor@e-tyh.com. For information on TyH products, visit our website at www.e-tyh.com