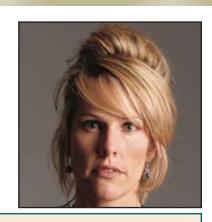


## **Poorly Understood Conditions of the 21st Century:**

Chronic Fatigue Syndrome (CFS), Fibromyalgia (FM), and Multiple Chemical Sensitivity (MCS)



## 1. What are some common symptoms of CFS, FM, and MCS?

- Profound fatigue
- Interrupted, non-restorative sleep
- Muscle and joint pain
- New or increased intolerance for alcoholic beverages, medications, tobacco smoke, exhaust fumes, scented products, paints, pesticides, etc.
- Neurologic/cognitive—confusion; difficulty concentrating and processing; poor short-term memory; disorientation; spatial instability; ataxia; muscle weakness; fasciculations; intolerance to light, noise, stress; stronger sense of smell than others; feeling groggy, dull, or spacey
- Autonomic—postural hypotension; vertigo; lightheadedness; extreme pallor; nausea; diarrhea or constipation; urinary frequency; palpitations with or without irregular heartbeat; shortness of breath on exertion
- Neuroendocrine—subnormal body temperature; sweating; cold extremities; intolerance to heat and cold; marked weight change; anorexia or abnormal appetite
- Immune—tender lymph nodes; recurrent sore throat; recurrent flu-like symptoms; general malaise

For an in-depth article on CFS, FM, and MCS, please go to page 65.

Based on a presentation by Lynn M. Marshall, MD, FAAEM, FRSM; Alison C. Bested, MD, FRCPC; and Riina I. Bray, BASc, MSc, MD, CCFP

## 2. What is the chief complaint for each of the three conditions?

- · CFS: Fatigue
- FM: Muscle pain
- MCS: Neurocognitive symptoms (see question 1)

## 3. How are these conditions diagnosed?

- 1. Rule out other conditions which may have similar symptoms.
- 2. Take careful health, family, and exposure histories.
- 3. Ask patients to rate symptom severity (0-10) as a baseline and to follow progress.
- 4. Examine the patient undressed and gowned.
- 5. Do basic and additional lab tests if needed.
- Rule in CFS, FM, and MCS by using the consensus case criteria (see page 66, Table 3).