

"Mary Shomon is a brilliant and compassionate patient advocate who has written a thorough and balanced book that will teach you how to get well now."

—Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*

## LIVING WELL WITH

### Chronic Fatigue Syndrome and Fibromyalgia

WHAT YOUR DOCTOR DOESN'T TELL YOU... THAT YOU NEED TO KNOW

Are you suffering from...

- Extreme fatigue
- Joint, muscle, and body pain
- "Brain fog" or concentration problems
- Sleep disturbances
- Depression

You could be suffering from chronic fatigue syndrome or fibromyalgia

MARY J. SHOMON

Author of *Living Well with Hypothyroidism*

# CHRONIC FATIGUE SYNDROME AND FIBROMYALGIA

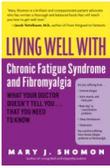
## RISK FACTORS & SYMPTOMS CHECKLIST

This is a short version of the Risk Factors and Symptoms checklist featured in the new book, *Living Well With Chronic Fatigue Syndrome and Fibromyalgia: What Your Doctor Doesn't Tell You... That You Need to Know*, published by HarperCollins in March 2004.

For the full checklist with all details, get your copy of the book now, at bookstores everywhere, online at Amazon.com, Barnes & Noble, and the book's site, <http://www.cfsfibromyalgia>. Or order by phone from Iherb.com, 1-888-792-0028 (1-626-358-5678)

### RISK FACTORS/MARKERS

- Female gender
- A family history of CFS or fibromyalgia
- Having a family or personal history of other conditions, including:
  - Irritable Bowel Syndrome
  - Endometriosis
  - Thyroid disease – hypothyroidism, hyperthyroidism
  - Mood disorder
  - Chronic or persistent nasal symptoms/sinusitis/sinus infections
  - Ear infections (particularly with CFS)
  - Hysterectomy (particularly with CFS)
  - Miscarriage
  - Irregular Menstrual Cycle
  - Ovarian Cysts
  - Mononucleosis/Glandular fever
  - Epstein-Barr Virus
- Having had a recent infection
- Family or personal history of autoimmune disease.
- Physical Injuries/Trauma
- Hypermobility Joints
- Toxic Exposures
- Severe Life Stress
- Type A Personality
- Recent Immunizations/Vaccinations
- Use of medications/drugs known to have a link to CFS/Fibromyalgia (full overview provided in *Living Well With Chronic Fatigue Syndrome and Fibromyalgia*)



# CHRONIC FATIGUE SYNDROME AND FIBROMYALGIA – RISK AND SYMPTOMS CHECKLIST – Page 2

## SYMPTOMS

### CFS Symptoms -- Official Criteria

The official criteria for CFS include the following symptoms:

\_\_\_ Fatigue that is medically unexplained; of new onset; lasts at least six months; is not the result of ongoing exertion; is not substantially relieved by rest; and causes a substantial reduction in activity levels.

Plus, four or more of the following symptoms:

- \_\_\_ substantially impaired memory/concentration
- \_\_\_ sore throat
- \_\_\_ tender neck or armpit lymph nodes
- \_\_\_ muscle pain
- \_\_\_ headaches of a new type, pattern or severity
- \_\_\_ unrefreshing sleep
- \_\_\_ relapse of symptoms after exercise (also known as post-exertional malaise) that lasts more than 24 hours
- \_\_\_ pain in multiple joints without joint swelling or redness.

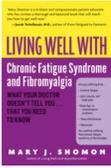
### Fibromyalgia Symptoms -- Official Criteria

The official American College of Rheumatology criteria for fibromyalgia include:

\_\_\_ Widespread pain for at least 3 months. Pain should be on both the left side of the body and the right side, and pain both above and below the waist. Cervical spine, anterior chest, thoracic spine or low back pain must also be present.

Plus, pain in at least 11 of 18 specific tender point sites, which include:

- \_\_\_ The area where the neck muscles attach to the base of the skull, left and right sides (Occiput)
- \_\_\_ Midway between neck and shoulder, left and right sides (Trapezius)
- \_\_\_ Muscles over left and right upper inner shoulder blade, left and right sides (Supraspinatus)
- \_\_\_ 2 centimeters below side bone at elbow of left and right arms (Lateral epicondyle)
- \_\_\_ Left and right upper outer buttocks (Gluteal)
- \_\_\_ Left and right hip bones (Greater trochanter)
- \_\_\_ Just above left and right knees on inside
- \_\_\_ Lower neck in front, left and right sides (Low cervical)
- \_\_\_ Edge of upper breast bone, left and right sides (Second rib)



# CHRONIC FATIGUE SYNDROME AND FIBROMYALGIA – RISK AND SYMPTOMS CHECKLIST – Page 3

## OTHER SYMPTOMS

- Muscle, joint pain, stiffness, burning, soreness, spasms, cramps
- Carpal tunnel syndrome-like pains
- Painful menstrual periods
- Headaches
- Fatigue, extreme exhaustion
- Sleep Disturbances
- Shortness of breath
- Sore throat (known as pharyngitis)
- Brain fog – general difficulty concentrating
- Impaired attention span
- Confusion with memory, words, numbers, math, etc.
- Mood swings, anxiety, depression, panic attacks
- Numbness or tingling sensations
- Sensitivity to temperature changes
- Chemical sensitivities, allergies
- Allergies and or sensitivities – to pollen, foods, molds
- Sensitivity to medicines
- Sensitivity or intolerance to alcohol
- Eye/vision problems
- Constipation or diarrhea
- Nausea, indigestion, stomach problems
- Hypoglycemia, low blood sugar, “fibroglycemia”
- Dizziness
- Low blood pressure
- Recurrent low-grade fever
- Heart palpitations, skipped heartbeats
- More frequent infections
- Weight changes -- gain or loss, not associated with change in eating habits

For more information on risks, symptoms, and diagnosis of  
Chronic Fatigue Syndrome and Fibromyalgia,  
read the new book by Mary J. Shomon,  
**Living Well With Chronic Fatigue and Fibromyalgia:  
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[www.cfsfibromyalgia.com](http://www.cfsfibromyalgia.com)