

15th International Conference on **Surgical Pathology and Cancer Diagnosis**
&
4th International Conference on **General Practice & Primary Care**

April 15-16, 2019 Berlin, Germany

How to care for patients with Chronic Fatigue Syndrome?

Joanna Slomko, Monika Zawadka-Kunikowska and Pawel Zalewski
Nicolaus Copernicus University, Poland

Chronic Fatigue Syndrome (CFS) is a disease characterised by an unjustified feeling of fatigue experienced for over 6 months, with accompanying symptoms resembling a cold or flu, and significantly influencing professional, personal or social status. Its global prevalence, ranging between 0.4% and 2.5%, is growing. In Poland, Chronic Fatigue Syndrome is diagnosed very rarely, which may be associated with the fact that the aetiology of the disease is still poorly known, and with diagnostic problems resulting from a lack of detailed and uniform guidelines allowing an unambiguous diagnosis and initiation of effective treatment in CFS patients. In recent years views on CFS causes have changed significantly, suggesting genetic, immunological, infectious, mental, hormonal, or endocrine background. To this date, no medicinal product effectively treating CFS patient has been found, and study results comparing effects of galantamine, hydrocortisone, immunoglobulin G, valganciclovir, isoprinosine, and fluoxetine versus placebo did not show any significant differences. In CFS treatment, attempts were made to administer formulations containing vitamin B12, folic acid, L-carnitine, L-tryptophan, magnesium, omega-3 acids, NADPH, or coenzyme Q10. However, those formulations should not be recommended for common use. The following active substances proved to be moderately effective in the treatment of CFS/ME: rintatolimod, acetyl-L-carnitine and intravenous immunoglobulins. According to recommendations of the UK National Institute for Health and Clinical Excellence, treatment of patients with Chronic Fatigue Syndrome should include health education, Graded Exercise Therapy (GET) and Cognitive Behaviour Therapy (CBT).

Recent Publications

1. Yancey JR, Thomas SM: Chronic fatigue syndrome: diagnosis and treatment. Am Fam Physician. 2012; 86(8):741-6.
2. Haney E, Smith ME, McDonagh M, Pappas M, Daeges M, Wasson N, Nelson HD. Diagnostic Methods for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: A Systematic Review for a National Institutes of Health Pathways to Prevention Workshop. Ann Intern Med. 2015 Jun 16; 162(12):834-40.
3. James P. Griffith JP, Zarrouf FA. A Systematic Review of Chronic Fatigue Syndrome: Don't Assume It's Depression. Prim Care Companion J Clin Psychiatry. 2008; 10(2): 120-128.

Biography

Joanna Slomko is from Nicolaus Copernicus University, Poland. Her research interests include: cognitive and autonomic functions in sleep disorders, chronic fatigue syndrome, neurodegenerative disorders, inflammatory bowel diseases, autoimmune diseases related to the pathogenesis of fatigue.

jslomko@cm.umk.pl

Notes: