

FOR IMMEDIATE RELEASE

Suzi Prokell
(817) 598-1556
suzi@prokell.com

CURRENT ECONOMY HURTING MORE THAN PERSONAL FINANCES
Stress a major factor in numerous health issues; Chronic Fatigue Syndrome on the rise

ATLANTA (February 9, 2009) – With mounting pressures of a shaky economy including job layoffs and shrinking retirement accounts, it's no surprise stress is on the rise. Although stress in small doses is a normal part of life, stress overload often leads to serious health issues. Studies indicate that extreme stress can not only increase insomnia, but is a trigger in Chronic Fatigue Syndrome (CFS).

A recent study by the Centers for Disease Control revealed that CFS is six to 10 times more common as previously suspected, with an approximately four to seven million people afflicted with Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS) in the U.S. alone. An estimated 15 million Americans have fatigue-related issues and exhibit the symptoms without a diagnosis.

"It's a vicious cycle," said Dr. Karen Bullington of Fibromyalgia and Fatigue Centers. "Things go bad, people get stressed, it starts affecting their health and they become even *more* stressed – which then further compounds the problem. The current economic situation has caused a great number of people an enormous amount of stress, and it is seemingly getting worse. We are seeing an increase in the numbers of patients seeking help from symptoms of chronic fatigue syndrome simply because stress is a factor in triggering this condition. The physical effects are very real and can be debilitating."

Too much stress, among other factors, can lead to circuit overload in the body's hypothalamus, the "main circuit breaker" of the brain located next to the pituitary gland. The two work in conjunction with the adrenal glands, to form the HPA axis, a major part of the neuroendocrine system that controls reactions to stress and regulates many body processes. This system is essential for digestion, the immune system, mood and emotions, sexuality and the body's energy level. Extreme stress can set off a chain reaction that can actually neutralize the body's natural ability to deal with the stress causing people to get sick.

It's easy to tell yourself to just relax, but without medical intervention, the problems associated with extreme stress can sometimes become physically debilitating. How do you know if you are heading down the road to potential chronic fatigue syndrome? The 10 most common symptoms include:

1. Unexplained extreme fatigue
2. Difficulty with concentration or short term memory loss
3. Headaches unlike those previously experienced
4. Sleeping without feeling refreshed
5. Decreased ability to perform work or educational, social and personal activities due to fatigue
6. Joint pain unrelated to injury or trauma
7. Muscle pain
8. Chronic or frequent sore throat
9. Tender lymph nodes
10. Chronic low-grade fever

Diagnosis can be difficult with a vast number of other diseases and illnesses having similar symptoms. However, parameters now exist for earlier identification and intervention, particularly at specialized care facilities such as the Fibromyalgia and Fatigue Centers; in years past, it could take years for patients to receive an accurate diagnosis.

Tremendous advances within the medical community have been made in both the understanding and treatment of this disease. Successful treatment requires not only an extensive knowledge of the symptoms and potential underlying factors, but also a comprehensive approach to treating the condition.

Doctors at the 12 Fibromyalgia and Fatigue Centers across the country have helped more than 15,000 patients who suffer from Fibromyalgia, Chronic Fatigue, Immune Dysfunction Syndrome and Unrelenting Fatigue. It is the holistic, integrated and comprehensive approach of treating underlying physiological factors, along with individualized treatment regimens designed for each patient that leads to significant change and positive patient outcomes.

For more information please visit www.fibroandfatigue.com and learn about the many options of treatment available, including the new Healing Partnership Plans.

###