

## **PRESS RELEASE**

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### **WHEN DID “TIRED” BECOME AN ILLNESS?** *Chronic Fatigue Syndrome Thought to Affect Nearly 7 Million Americans*

**DALLAS (Sept. XX, 2007)** – Working a full-time job, chauffeuring kids with multiple school and sports activities every day of the week, household duties, grocery shopping -- and more. It’s a slice of life for many Americans and reasons enough to be tired.

But when does tired become “chronic fatigue” and require medical attention?

Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS) is a complex disease involving multi-system disturbances and abnormalities including substantial impairment in short-term memory or concentration; sore throat; tender lymph nodes; muscle pain; multi-joint pain without swelling or redness; headaches of a new type, pattern or severity; unrefreshing sleep; and post-exertional malaise lasting more than 24 hours.

The problem is thought to be so potentially great that the Centers for Disease Control (CDC) recently released the results of a new study showing chronic fatigue is actually six to 10 times more common than previously suspected.

Dr. Jacob Teitelbaum, a specialist treating chronic fatigue and the related illness fibromyalgia, says people should pay attention to what’s happening with their bodies.

“Many will hear the symptoms and say ‘that sounds like me,’” said Teitelbaum, who himself suffered from chronic fatigue. “Sadly, they will be absolutely right yet do nothing about it. In this country alone, an estimated four to seven million are afflicted and diagnosed with CFIDS, but it’s actually estimated that as many as 15 million Americans have fatigue-related issues that go undiagnosed and therefore untreated.

“People’s lives are busy and they’re constantly on the move so being tired seems like a natural result. Sometimes it’s just being tired from lack of sleep or having a stressful week – people shouldn’t automatically think they have chronic fatigue. But by the same token, they should pay attention to what’s going on and ask questions if they sense something is wrong.”

Patients diagnosed with CFIDS have severe chronic fatigue lasting six months or longer and display four or more of the following symptoms:

- Unexplained extreme fatigue
- Decreased ability to perform work or educational, social or personal activities due to fatigue
- Unrefreshed sleep
- Difficulty with concentration or short term memory
- Headaches unlike those previously experienced
- Chronic or frequent sore throat
- Muscle pain
- Joint pain unrelated to injury or trauma
- Tender lymph nodes
- Chronic low-grade fever

Research is ongoing, but it is believed there are four major contributing factors to CFIDS: low thyroid levels, adrenal exhaustion, undiagnosed chronic infections and underlying mitochondrial dysfunction.

For many people, symptoms of CFIDS emerge following the experience of a dramatic event, physical or emotional, or a stressful period in their lives. Studies have found that underlying infections or imbalances may also come to light during these periods. Although diagnosis may be difficult with a vast number of other diseases and illnesses having similar contributing factors, parameters have now been established for earlier identification and intervention.

Past treatment regimens have focused primarily on bed rest, antidepressant medications and the need to "learn to live" with the symptoms. However, as more is discovered about the illness, so too are advances made in the types of successful treatments.

“Treatment requires an extensive knowledge of the specialized field and focus on the symptoms,” said Bob Baurys, founder and chairman of The Fibromyalgia and Fatigue Centers (FFC). “Tremendous advances have been made in the understanding and treatment of this disease. Successful treatment requires a comprehensive approach, determination by the patient and support by those in their lives.”

Baurys established the FFC after successfully being treated for the illness. “My own experience is the reason I established the center with longtime business partner Sue Hrim, “said

Baurys. “It’s our goal to develop individual treatment plans that will lead to significant change and positive outcomes for our patients.”

Centers are currently open in Atlanta, Cleveland, Dallas, Denver, Detroit, Fort Worth, Las Vegas, Norwalk, Philadelphia, Pittsburgh, Portland, Salt Lake City and Seattle with plans for future expansion. For more information, go to [www.fibroandfatigue.com](http://www.fibroandfatigue.com).

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