

### ME/CFS IN YOUNG PEOPLE

The severity and symptoms in young people may be similar but tend to differ from day to day or hour to hour than in adults. Pain, fatigue, and cognitive problems are difficulties facing them and are hardships they have to cope with, especially if attending school.



[Please see our Resources for our TEACH-ME Resource Book, information for teachers and parents]

### FATIGUE IN ME/CFS

Imagine having a cement block tied to each one of your limbs and you are trying to move regardless of these obstacles. With every move you make, you are being held back by the weight of the cement block. The fatigue is overwhelming and disabling. A simple activity of daily living such as taking a shower can be so exhausting that it is followed by bed rest. Some are so severely affected, they are bedridden or housebound.

### LISTENING TO YOUR BODY

If a person goes to the point of exhaustion, it leads to a crash and it may take days or even

weeks to recover.

### **SLEEP PROBLEMS**

Unlike in healthy people, sleep is unrefreshing and unrestorative.

### **NEGATIVE RESPONSE TO EXERCISE**

Response to exercise in a healthy person gives a feeling of well-being. However, even though post-exertional malaise/fatigue is a hallmark feature of ME/CFS, patients are often prescribed exercise without sufficient care. Research studies have confirmed that ME/CFS patients do not respond to exercise the same way healthy people do. The resting heart rate becomes elevated and oxygen uptake is approximately half of sedentary controls and are unable to achieve an age-predicted target heart rate.