

# SHOULD I TALK TO MY HEALTH CARE PROFESSIONAL ABOUT CHRONIC FATIGUE SYNDROME?

If you suspect you or a family member may have chronic fatigue syndrome (CFS), it's important to see your doctor or other qualified health care professional. To assist you in identifying and organizing the symptoms you may be experiencing so you can talk with your health care practitioner, fill out the following questionnaire:

## QUESTION 1

Have you experienced severe physical and mental exhaustion that is not relieved by rest for six months or longer?

Yes  No

## QUESTION 2

During the last six months, have you had trouble performing routine physical and mental activities?

Yes  No

## QUESTION 3

Have your symptoms caused you to significantly reduce the amount of time you spend working, at school, with family or doing other social activities in the last six months?

Yes  No

## QUESTION 4

Have you experienced any of the following symptoms for six months or longer?

- |                                                     |                                                    |
|-----------------------------------------------------|----------------------------------------------------|
| ◆ Sleep not relieved by rest                        | <input type="radio"/> Yes <input type="radio"/> No |
| ◆ Weakness and exhaustion following activity        | <input type="radio"/> Yes <input type="radio"/> No |
| ◆ Persistent muscle pain                            | <input type="radio"/> Yes <input type="radio"/> No |
| ◆ Pain in the joints, without swelling or redness   | <input type="radio"/> Yes <input type="radio"/> No |
| ◆ Headaches of a new type or severity               | <input type="radio"/> Yes <input type="radio"/> No |
| ◆ Significant problems with memory or concentration | <input type="radio"/> Yes <input type="radio"/> No |
| ◆ Tender lymph node                                 | <input type="radio"/> Yes <input type="radio"/> No |
| ◆ Sore throat                                       | <input type="radio"/> Yes <input type="radio"/> No |
| ◆ Total number of symptoms                          | _____                                              |

## QUESTION 5

Are there other symptoms you are experiencing? \_\_\_\_\_

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If you answered “yes” to questions 1-3 and you are experiencing 4 or more symptoms listed in question 4, your symptoms fit the characteristics of chronic fatigue syndrome. Answering “yes” does not mean you have CFS. It is important not to self-diagnose CFS because it shares symptoms with many other illnesses. You should consult your health care professional to determine the root of your symptoms.

To provide your health care professional with additional information about chronic fatigue syndrome, direct them to the U.S. Centers for Disease Control and Prevention's Web site at [www.cdc.gov/cfs](http://www.cdc.gov/cfs). This site provides a downloadable CFS Toolkit with detailed information about chronic fatigue syndrome.

