

Chronic Fatigue Syndrome Has Nothing To Do With Fatigue

By Dr. Jacques Doueck

Chronic Fatigue Syndrome (CFS) is a sickness. It is the way you feel on about the third day of a really bad cold or the flu: zero energy, no stamina, incredible weakness, and pain. Unlike having a cold or the flu, though, you feel that way every day. There are additional symptoms that vary with the sufferer. Every sufferer has at least one of the following: upper respiratory problems, swollen glands, headaches. Chronic fatigue syndrome (CFS) is NOT about hormones, lifestyle, or an over-active imagination. It's sickness, and it's that simple.

A significant number of patients with CFS are diagnosed with Chronic Lyme Disease and respond well to long term antibiotics. There is much evidence that sleep deprivation may lead to chronic fatigue syndrome. Sleep deprivation can be caused by sleep apnea.

Many patients with CFS have weak muscle or connective tissue due to fibromyalgia. This weak muscle or connective tissue may be the cause for collapse of the airway which creates a blockage called obstructive sleep apnea. Fatigue is often a primary symptom of apnea. Patients who snore often have sleep apnea. Because patients with sleep apnea lack restorative sleep they are prone to chronic fatigue.

But even without snoring, many people suffer from interrupted sleep without even realizing it. Interrupted sleep can cause as many health problems as not enough sleep. Dr. Jacob Teitelbaum is a firm believer in the importance of sleep if you suffer from Fibromyalgia or Chronic Fatigue Syndrome. Fibromyalgia, is characterized by chronic widespread pain, multiple tender points, abnormal pain processing, sleep disturbances, fatigue and often psychological distress. For those with severe symptoms, fibromyalgia can be extremely debilitating and interfere with basic daily activities.

“Breaking the cycle of poor sleep and maintaining quality sleep for six to nine months is critical to

breaking the cycle of Fibromyalgia, Chronic Fatigue Syndrome, and severe fatigue,” says Teitelbaum. Fibromyalgia is thought to be the result of overactive nerves that cause chronic widespread pain and tenderness.



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Chronic fatigue is often seen with fibromyalgia, irritable bowel syndrome, Temporomandibular Joint (TMJ) dysfunction, and multiple chemical sensitivity syndrome.

Asked which of the symptoms was most significant to them, more patients chose “lack of energy”. Being low on energy during the day might be caused by trouble breathing while you sleep, even if you don't actually feel sleepy, a new University of Michigan study suggests.

In fact, doctors and patients may be missing the very common and real cause of some cases of daytime fatigue and lack of energy: a potentially serious but treatable condition known as sleep apnea which is associated with numerous medical conditions such as high blood pressure, heart attack, heart arrhythmia, stroke, and cognitive impairment (problem with complex thinking).

Insomnia -- and the lack of deep, restorative sleep -- is a big part of the problem, explains Mary Rose, PsyD, a clinical psychologist and behavioral sleep specialist at Baylor College of Medicine in Houston.

SLEEP AND FIBROMYALGIA FATIGUE

According to Dr. Rose, improving a patient's sleep is an important part of easing fibromyalgia fatigue.

“We know from research that sleep improves mood, pain, and in general how people feel during the day. Regardless of the reasons for the chronic fatigue, if we can get some control over quality of sleep, we're likely to see positive benefits

agrees. “In fibromyalgia, all treatments are geared toward helping people sleep better,” “If we can improve their sleep, patients will get better.”

LIVING WITH FIBROMYALGIA AND CHRONIC FATIGUE

Sleeping pills aren't the answer, says Rose. They are not intended for chronic, long-term use.

Indeed, living with fibromyalgia is more than just popping a pill, says Martin Grabois, MD, chairman of physical medicine and rehabilitation at Baylor College of Medicine in Houston. “A good deal is self-treatment. Patients have to be active, not passive.”

First step: Patients may need to be checked for symptoms of snoring and sleep-related breathing problems. Sleep apnea, respiratory problems, allergies, and oversized tonsils or tongue are among the possibilities. “A lot of those things can be corrected.” An overnight at-home sleep study by your medical doctor could be the first step to recovery. ♥

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THE MAIN SYMPTOM OF CFS IS EXTREME TIREDNESS (FATIGUE), WHICH IS:

- New Fatigue
- Lasts at least 6 months
- Not relieved by bed rest - This means that a good night's sleep does little to relieve the bone-aching flu-like tiredness
- Severe enough to keep you from participating in certain activities
- In many cases - Joint pain without swelling or redness, Upper respiratory problems, swollen glands or headache.
- Young Patients** complain to their doctors of severe fatigue, poor concentration and various aches and pains, despite getting 10 to 12 hours of sleep. In many of these patients, sleep physicians find that their airway is extremely narrowed, leading to frequent obstructions and arousals during deep sleep that prevent them from being able to benefit from true deep sleep. This condition is called UARS - Upper Airway Resistance syndrome.
- In Older Patients**, chronic sleep deprivation may contribute to the buildup in the brain of beta-amyloid plaques—the same clumps of protein seen in Alzheimer's disease—according to a new study. Dr. David Holtzman and colleagues from Washington University in St. Louis, Missouri found something unexpected: the levels of the amyloid protein appeared to fluctuate daily. Levels of the protein were significantly higher during sleep deprivation. “The main thing this study implies is that disorders of sleep might predispose you to get Alzheimer's disease later in life,” Holtzman says.
- Among older women, those with sleep-disordered breathing compared with those without sleep-disordered breathing had an increased risk of developing cognitive impairment such as dementia and Alzheimers.

Key Points



Do you wake up feeling tired?

- Does your spouse say "You snore" or quit breathing during sleep?
- Have you ever "snorted" yourself awake?
- Do you find yourself getting sleepy during the course of the day?

Are you at risk for Car Accidents?

People who snore have 7 X's greater chance of car accidents- worse than driving under the influence of alcohol. Lack of oxygen to your body means extra stress on the entire body, especially the heart and brain.

You may suffer from Sleep Apnea!

Sleep apnea is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times. This means the brain -- and the rest of the body -- may not get enough oxygen

Why is a Dentist treating Snoring and Sleep Apnea?

We are specially trained in dental sleep medicine . Using a Pharyngometer, a computerized airway measuring device, we design a custom fitted appliance for your teeth that works by preventing your tongue and soft tissue from collapsing and thus keeps your airway open, will stop your snoring and improve your health without the need for CPAP. We verify that the Sleep Appliance is working with a follow-up Sleep Study. Instead of wearing a mask and hose – your Oral Appliance is the more comfortable option.

If left untreated, sleep apnea can result in a growing number of health problems including:

- High blood pressure
- Stroke
- Heart failure, irregular heart beats, and heart attacks
- Diabetes
- Depression
- GERD Gastro Esophageal Reflux Disorder
- Worsening of ADHD

Statistically, smoking will take ~ 7 yrs off your life, untreated Sleep Apnea will take 12-15 years!!



If you or someone you love **SNORES** It is critical to get Screened for Sleep Apnea and Snoring Today!

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for an appointment with
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