

# CFS & FM Symptom Comparison Table

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Not everyone who has been diagnosed with CFS or FM - or both - will have every symptom listed below, nor will they have every symptom they do have all the time. That is the variable nature of this disorder. Symptoms may also wax and wane, getting worse or better, more prominent or maintaining a sort of constant background "noise" that goes on for so long that one begins accommodating it with out thinking about it. However, constantly having to deal with many of these symptoms puts a tremendous strain overall on the body, creating a state of constant stress on the immune system, organ function, and musculoskeletal system, making even the most minor and seemingly inconsequential activities of daily living (like getting up in the morning) so difficult if not--or impossible-- for so many for so long.

Treatment modalities directed towards mitigating specific symptoms or symptom clusters (such as improving the quality of sleep) should be looked at by everyone, regardless of whether they have been diagnosed with CFS or FM. While not everything works for everyone, and modalities that work for a time may cease working after a while, to ignore something because it doesn't bear the diagnostic label you were tagged with may result in your missing out on something that may help alleviate some significant symptoms and improve your quality of life.

<b>GENERAL SYMPTOMS</b>			
You	CFS	FM	Symptom
	✓		Activity level reduced to less than 50% of pre-onset level
	✓		Allergies (nasal, other; increased or worsening)
	✓		Blood pressure, low (below 110/70)
	✓	✓	Bruxism (grinding/clenching teeth)
	✓		Canker sores (frequent)
	✓		Cardiac abnormalities (mitral valve prolapse; tachycardia; palpitations; dysrhythmia)
	✓		Carpal tunnel syndrome
	✓		Cold hands and feet
	✓		Cough
	✓		Dyspnea (out of breath) or shortness of breath (air hunger) after minimal or no exertion
	✓		Flu-like symptoms, on-going or recurrent after initial gradual or acute onset; includes mild fever (99.5-101.5 F / 37.5-38.6 C), chills, extreme fatigue after minimal exertion
	✓		Endometriosis
	✓	✓	Fatigue, prolonged, disabling, made worse by exertion or stress
	✓		Hair loss (alopecia)
	✓		Herpes simplex or shingles rash
	✓		Hoarseness
	✓		Impotence
	✓		Low-grade fevers
	✓		Lymph nodes painful, swollen (in neck; under arms)
	✓	✓	Morning stiffness
	✓	✓	Multiple chemical sensitivities (including perfumes, drugs, etc.)

	✓		Nightsweats (not related to menopause or fever)
	✓		Periodontal disease
	✓		Sighing, frequent, not related to mental/emotional state
	✓		Sore throat
	✓		Symptoms worsened by extremes of temperature (hot, cold), stress, and/or air travel
	✓		Temperature irregularities; often feeling hot or cold irrespective of actual ambient temperature and body temperature; low body temperature (below 97.6 F / 36.4 C)
	✓		Thirst, increased
	✓		Thyroid inflammation (acute thyroiditis; hypothyroidism; Hashimoto's thyroiditis)
	✓		Urination (frequent; uncomfortable); painful prostate
	✓		Weight changes (usually gain)

### CENTRAL NERVOUS SYSTEM (CNS) SYMPTOMS

	✓		Alcohol intolerance
	✓	✓	"Brainfog"; inability to think clearly
			Difficulty moving tongue to speak
	✓	✓	Fainting or blackouts; feeling like you might faint
	✓	✓	Headaches (severe, recurring)
	✓		Libido (decreased)
	✓	✓	Migraine headaches
	✓	✓	Muscle twitching
	✓		Severe muscle weakness
	✓		Nightmares (frequent, extremely vivid)
	✓	✓	Numbness and tingling in face and extremities
	✓		Paralysis or severe weakness of limb
	✓	✓	Photosensitivity
	✓	✓	Ringling in ears (tinnitus)
	✓		Seizures; seizure-like episodes
	✓	✓	Sensory alterations (hyper- or hyposensitivity) - smell, taste, hearing (noise intolerance)
	✓		Tremors, trembli
	✓	✓	Vision - frequent acuity changes (prescription changes frequently)

### EQUILIBRIUM/PERCEPTION

	✓	✓	Distances (difficulty judging when driving; when putting things down on surfaces)
	✓	✓	Dizziness or vertigo
	✓	✓	Dropping things frequently
	✓	✓	Dysequilibrium (balance problems)
	✓	✓	Impaired coordination
	✓	✓	Perception (not quite seeing what you are looking at)
	✓	✓	Staggering gait (clumsy walking; bumping into things)

<b>PAIN SYMPTOMS</b>			
	✓	✓	Abdominal pain
	✓	✓	Chest pain
	✓	✓	Generalized pain
	✓	✓	Joint pain, without redness or swelling
	✓	✓	Muscle pain, stiffness, weakness
	✓	✓	Temporomandibular Joint (TMJ) or Myofascial Pain Syndrome (MPS)
	✓	✓	Tender or trigger point pain or tenderness ("FM" stipulates 11 out of 18 tender points)
<b>PSYCHOLOGICAL SYMPTOMS/MOOD/EMOTIONS</b>			
	✓	✓	Abrupt/Unpredictable mood swings
	✓	✓	Anxiety or fear for unknown reasons
	✓	✓	Appetite increase/decrease
	✓	✓	Depression or depressed mood
	✓	✓	Personality changes (labile, irritable, anxious, confused, forgetful)
	✓	✓	Decreased self-esteem
	✓	✓	Frequent crying for no reason
	✓	✓	Helpless/Hopeless feelings
	✓	✓	Irritability; overreaction; rage attacks for no reason
	✓	✓	New phobias/irrational fears
	✓	✓	Suicidal thoughts or suicide attempts
<b>SLEEP SYMPTOMS</b>			
	✓	✓	Abnormal brain activity in stage 4 sleep
	✓	✓	Altered sleep/wake patterns
	✓	✓	Difficulty falling or staying asleep
	✓	✓	Hypersomnia (excessive sleeping)
	✓	✓	Myclonus ("restless leg syndrome")
	✓	✓	Unrefreshing/Non-restorative sleep
<b>Additional Symptoms You Have:</b>			