

SYMPTOMS OF M.E./CFS - The percentages shown represent the percentage of M.E. patients displaying that particular symptom - Dr Bell calls his percentages "a rough guess".

Dr Charles Shepherd

"Living with M.E."

Muscle fatigue	100%
Emotional lability	98%
<i>- includes frustration, elation and depression</i>	
Muscle pain	80%
<i>- especially limbs, shoulder, girdle, spine</i>	
Cognitive disturbance	77%
<i>- memory, concentration, dyslexia</i>	
Headaches	74%
Giddiness & balance problems ..	72%
Circulation & temperature	69%
<i>control - night sweats, 'hot & cold' fluctuations</i>	
Hearing disturbances	69%
<i>- noise sensitivity, deafness, noises in ears - tinnitus</i>	
Reversal of sleep rhythm	64%
Visual disturbances	62%
<i>- blurring, double vision, dislike of bright lights, involuntary eyeball movements</i>	
Pins and needles, numbness	61%
<i>and increased awareness of sensation</i>	
Intercostal myalgia/weakness ..	59%
<i>- ie between ribs</i>	
Muscle twitching and spasm	57%
Clumsiness	56%
Gastro-intestinal symptoms	49%
<i>- nausea, bloating</i>	
Bladder control problems	38%
Recurrent enlargement of lymph glands	36%
Joint pain	28%
Increased pulse rate	21%
Recurrent conjunctivitis	16%
Inflammation of testicles	13%
<i>or prostate gland - of young males</i>	
Seronegative polyarthritis	10%
Vasculatic skin lesions	10%

The above were the symptoms and signs in 420 patients with M.E.

The findings were published in the Postgraduate Medical Journal in 1990, and are reproduced on page 84 of Dr Shepherd's book

Dr Anne MacIntyre

"M.E. - How to Live with It"

Made worse by exercise	100%
Exhaustion & severe malaise	85%
<i>Muscle weakness after using muscle, - lasting days</i>	
<i>Muscle pain, - commonest in back of shoulders, upper arms and thighs</i>	
<i>Blurring of Vision - - sometimes actual double vision</i>	
<i>Sensation of pins and needles, or numbness</i>	
<i>Loss of concentration</i>	
<i>Headache</i>	
<i>Muscle twitching</i>	
<i>Speech difficulties - using the wrong words</i>	
<i>Poor circulation - cold hands and feet</i>	
<i>Pain in the back of neck</i>	
<i>Abnormal sweating - often with a sour smell</i>	
<i>Memory impairment - especially recent events</i>	
<i>Breathing difficulty - sensation of lack of air</i>	
<i>Extreme sensitivity to sound - hyperacusis</i>	
<i>Noises in ear - tinnitus</i>	
<i>Sleep disturbance</i>	
<i>Palpitations and/or racing heartbeat</i>	
<i>Difficulty standing for any time - classic symptom of M.E.</i>	
<i>Vivid or bad dreams</i>	
<i>Joint pains - which may move from joint to joint</i>	
<i>Feeling 'spaced-out', disorientated</i>	
<i>Depression</i>	
<i>Loss of interest in sex</i>	
<i>Nausea</i>	
<i>Chest pains</i>	
<i>Emotional lability - crying easily, rapid mood change</i>	
<i>Constipation or diarrhoea</i>	
<i>Recurrent sore throats</i>	
<i>Enlarged or painful lymph glands</i>	
<i>Altered sense of taste and / or smell</i>	
<i>Difficulty with balance and / or true vertigo</i>	
<i>Difficulty walking - or walking having to be limited to very short distances</i>	
<i>Panic attacks</i>	
<i>Poor temperature control</i>	
<i>Poor co-ordination - clumsiness</i>	
<i>Pallor when ill - quite common</i>	
<i>Poor bladder control</i>	
<i>Skin very sensitive to touch</i>	
<i>Spontaneous bruising, skin rashes</i>	
<i>Great thirst</i>	

Above is from pages 27 and 28 of Dr MacIntyre's book

Dr David Bell - "The Disease of a Thousand Names"

<u>Fatigue or exhaustion</u>	100%
<u>Headache</u>	90%
Lack of restful sleep	90%
<u>Malaise</u>	80%
Short term memory loss	80%
Blurring of vision	80%
Sensitivity to bright lights	80%
Muscle pain	75%
Light headedness	75%
Difficulty concentrating	70%
Joint Pain	65%
Depression	65%
Insomnia	65%
Fever - or sensation of fever	65%
<u>Abdominal pain</u>	60%
Bloating	60%
Scratchiness in eyes	60%
Extremities numb &/or tingling ..	60%
Allergies	60%
Palpitations	55%
<u>Lymph node pain</u>	50%
<u>Sore Throat</u>	50%
Diarrhoea	50%
Night sweats	50%
Constipation	40%
Fainting spells	40%
Weight gain	40%
Flushing rash in face & cheeks ..	40%
Pressure at base of skull	30%
Muscle weakness	30%
Balance disturbance	30%
Panic attacks	30%
Eye pain	30%
'Floaters' - dark spot in vision ..	30%
Dizziness	30%
Clumsiness	30%
Chills	30%
Shortness of breath	30%
Bitter or metallic taste	25%
Chemical sensitivities	25%
Easy bruising	25%
Ear ache	20%
Hearing changes	20%
Swelling of extremities or eyelids	20%
Burning on urination	20%
Sexual dysfunction	20%
Hair loss	20%
Double vision	10%
Weight loss	10%
Incontinence	10%

Pages 4 & 5 of Dr Bell's book - underlined symptoms caused greatest discomfort