



MYALGIC ENCEPHALOMYELITIS (ME)

ALSO KNOWN AS CHRONIC FATIGUE SYNDROME (CFS)

Myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) is a chronic, complex, neuroimmune disease that profoundly limits the health and productivity of patients and, like Long Covid, is often triggered by an infection.

The hallmark symptom is post-exertional malaise, accompanied by cognitive dysfunction, unrestorative sleep, difficulty maintaining upright posture, profound chronic fatigue or widespread chronic pain all made worse by exertion of any sort.

At this time, the cause of ME/CFS is not fully understood. There is no diagnostic test, cure, nor FDA-approved treatments or drugs for ME/CFS, and patients often suffer for life.

As of February 2022:

ESTIMATED PREVALENCE

of ME/CFS in the U.S.:
5-9 MILLION
adults and children

ESTIMATED COST

of ME/CFS in the U.S.:
\$149 to \$362 BILLION
in medical expenses and lost income

ALL OF US

ME/CFS affects children and adults of all races, income levels, and geographic areas.

RECOVERY IS RARE

Recovery is estimated at under 5%, leaving patients sick for years, even decades.

25% BED-BOUND

75% of patients are unable to work.

LOW QUALITY OF LIFE

For moderate to severe patients with ME/CFS, quality of life scores are consistently lower than any other major disease.

ME/CFS can turn a life of productive activity into one of dependency and desolation.



A STANFORD STUDENT

Tom was a healthy 19 year-old maintaining a 4.0 GPA at Stanford University when, during his sophomore year, he came down with a series of viral infections. Within eighteen months, Tom was unable to get out of bed. Now, Tom cannot tolerate any light or sound. His eyes and ears are covered 24/7. He can no longer move his body except for two fingers. He cannot speak or eat and is fed through a tube in his belly.

[SolveCFS.org](https://solvecfs.org)

“LONG COVID IS NOT A NEW PHENOMENON—THERE ARE MILLIONS OF AMERICANS WHO GOT SICK WITH A VIRUS AND NEVER RECOVERED BEFORE THE PANDEMIC, AND DEVELOPED ME/CFS.”

—Frank Diamond, Jan 28, 2022

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