



SYMPTOM INFORMATION FOR DOCTOR

Myalgic Encephalomyelitis (ME)

Based on the International Consensus Criteria for ME (MEICC 2011)

Circle symptoms that are most problematic or highlight using following color code:

PINK/RED for symptoms that need addressed immediately

YELLOW for symptoms that are problematic but not priority

GREEN for symptoms that are currently manageable

Post-exertional Neuroimmune Exhaustion (PENE): PENE is a compulsory symptom for an ME diagnosis and is the physical inability to produce sufficient energy on demand. (See page 2 of this handout)

<p style="text-align: center;">Neurocognitive Impairments</p> <p>Difficulty processing information: slowed thought - impaired concentration - confusion - disorientation - cognitive overload - difficulty with making decisions - slowed speech - acquired or exertional dyslexia</p> <p>Short term memory loss: difficulty remembering what one wanted to say or what one was saying - difficulty retrieving words - difficulty recalling information - poor working memory</p>	<p style="text-align: center;">Pain</p> <p>Chronic headaches: generalized often involve aching of the eyes, behind the eyes or back of the head that may be associated with cervical muscle tension - migraine - tension headaches</p> <p>Significant pain: muscles - muscle-tendon junctions - joints - abdomen - chest - muscle/sheath of connective tissue - radiating pain - increased sensitivity to pain</p>
<p style="text-align: center;">Sleep Disturbance</p> <p>Disturbed sleep patterns: insomnia - prolonged sleep including naps - sleeping most of the day and being awake most of the night - frequent awakenings - waking much earlier than before illness onset - vivid dreams/nightmares - insufficient deep sleep</p> <p>Unrefreshed sleep: awoken feeling exhausted regardless of sleep duration - day-time sleepiness</p>	<p style="text-align: center;">Neurosensory, perceptual and motor disturbances</p> <p>Neurosensory/perceptual: inability to focus vision - sensitivity to light, noise, vibration, odor, taste and touch - impaired depth perception.</p> <p>Motor: muscle weakness - muscle twitching - poor coordination - feeling unsteady on feet - ataxia (Ataxia is Inability to coordinate muscle activity)</p>
<p style="text-align: center;">Immune, gastro-intestinal and genitourinary Impairment</p> <p>Flu-like symptoms (recurrent or chronic and typically activate or worsen with exertion): sore throat - sinusitis - cervical and/or axillary lymph nodes may enlarge or be tender - susceptibility to viral infections with prolonged recovery periods</p> <p>Gastro-intestinal tract: nausea - abdominal pain - bloating - irritable bowel syndrome</p> <p>Genitourinary: urinary urgency or frequency - excessive urination at night</p> <p>Sensitivities: food - medications - odors or chemicals</p>	<p style="text-align: center;">Energy production/Ion transportation impairments</p> <p>Cardiac: inability to tolerate an upright position (orthostatic intolerance, neurally mediated hypotension, postural orthostatic tachycardia syndrome) - palpitations with or without cardiac arrhythmias - light-headedness/dizziness</p> <p>Respiratory: air hunger - laboured breathing, fatigue of chest wall muscles</p> <p>Loss of thermostatic stability: subnormal body temperature - marked diurnal (daytime) fluctuations - sweating episodes - recurrent feelings of feverishness with or without low grade fever - cold extremities</p> <p style="text-align: center;">Intolerance of extremes of temperature</p>

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Myalgic Encephalomyelitis (ME)



Post-Exertional Neuroimmune Exhaustion (PENE pen'-e) Compulsory Symptom (Page 7 of the ME ICPrimer)

“This cardinal feature is a pathological inability to produce sufficient energy on demand with prominent symptoms primarily in the neuroimmune regions.

Characteristics are:

1. Marked, rapid physical and/or cognitive fatigability in response to exertion, which may be minimal such as activities of daily living or simple mental tasks, can be debilitating and cause a relapse.
2. Post-exertional symptom exacerbation: e.g. acute flu-like symptoms, pain and worsening of other symptoms
3. Post-exertional exhaustion may occur immediately after activity or be delayed by hours or days.
4. Recovery period is prolonged, usually taking 24 hours or longer. A relapse can last days, weeks or longer.
5. Low threshold of physical and mental fatigability (lack of stamina) results in a substantial reduction in preillness activity level.”

Circle/highlight current level of function: (If symptom fluctuates over more than one level, highlight in **red** the most common severity level and highlight in **yellow** the other levels.)

Mild (meet criteria, significantly reduced activity level),

Moderate (an approximate 50% reduction in pre-illness activity level),

severe (mostly housebound),

very severe (mostly bedridden and needs help with basic functions).

There may be marked fluctuation of symptom severity and hierarchy from day to day or hour to hour. Consider activity, context and interactive effects.

NOTE: For a diagnosis of ME, symptom severity must result in a significant reduction of a patient's premorbid activity level.

ME ICPrimer can be found in multiple languages at
<https://www.me-international.org/primerinfo-sheets.html>