

Chronic Fatigue Syndrome, burnout syndrome, CFS

General:

The main feature of chronic fatigue syndrome is tiredness and/or weakness, exceeding six months. However, a scientific pathophysiological concept for this syndrome has not been described so far. Hypotheses are divided into three groups: infectiological, immunological and psychological causes. At present there is no convincing association between CFS and chronic virus infections. Basic diagnostics include detailed clinical work-up, in order to exclude diseases such as autoimmune disorders, chronic bacterial infections, parasites, endocrine disturbances, chronic psychological disorders or HIV infection.

Differential diagnosis CFS	
Malignant tumors	
Autoimmune diseases	collagenosis, systemic vasculitis, sarcoidosis, antiphospholipid syndrome
Hematological diseases	
Local or systemic infections (acute, subacute, chronic)	abscesses, endocarditis, osteomyelitis, borreliosis, tuberculosis. Fungal infections: aspergillosis, candidiasis, cryptococcosis. Parasites: toxoplasmosis, amebiasis, lambliasis, helminthiasis, HIV-caused syndromes
Primary psychiatric syndromes	psychosis, schizophrenia, depression and others
Neuromuscular diseases	multiple sclerosis, myasthenia gravis, inflammatory or metabolic myopathy, fibromyalgia
Endocrine disease	hypothyroidism, hypoparathyroidism, Addison's disease,

	Cushing's syndrome, diabetes mellitus and metabolic syndrome
Allergen load	e.g. by molds
Metabolism general	absolute or functional hypovitaminosis [vitamin D deficiency], selenium deficiency and many others
Drug and medicine addiction	alcoholism, analgesic abuse, tranquilizers and others
Fibromyalgia syndrome	Unspecific pain (tender points)

Laboratory parameters:

Clinical chemistry: ESR, serum protein electrophoresis, glucose, sodium, potassium, calcium, phosphorus, iron, magnesium, selenium, zinc, ferritin, SGPT, γ -GT, CK, creatinine, also RAST on inhalation allergens or molds;

Hematology: Blood differential;

Immunology: Immunoglobulins (IgG, IgM, IgA, IgE), CRP, autoantibodies (ANA, ENA, thyroid antibodies e.g., TPO, TG, TSH-Receptor), phospholipid antibodies;

Endocrinology: Vitamin D, TSH, Cortisol;

Serology: EBV, borrelia, herpes virus type 6, HIV I/II;

symptoms like myalgia/arthralgia, neuropsychiatric perturbations, cardiac problems and gastrointestinal perturbations, *see also* **Organ related serology**.

For complete list of laboratory test offered at Freiburg Medical Laboratory, please visit <http://www.fml-dubai.com/parameter-listings/>