

A new and simple definition of Myalgic Encephalomyelitis and a new simple definition of Chronic Fatigue Syndrome

As presented at the Invest in ME London Conference of May 12, 2006 by Byron Hyde MD:

21 pages long. <https://www.investinme.org/.../Byron%20Hyde%20Little...>

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The 2016 Nightingale Research Foundation definition of Myalgic Encephalomyelitis (M.E.) builds upon the 2006 definition, emphasizing a multi-system approach to understanding the illness. It focuses on testable criteria, diffuse brain injury, and various other system dysfunctions, recognizing the illness as a complex interplay of physiological changes.

Key Characteristics of the 2016 Nightingale ME Definition:

*Testable Criteria:

The definition aims to be clinically useful, with criteria that can be evaluated and measured.

*Diffuse Brain Injury:

It highlights the significant impact of brain injury on the overall illness.

*Neuropsychological Changes:

The definition acknowledges cognitive and emotional disturbances as key features of M.E.

*Major Sleep Dysfunction: Sleep problems, including unrefreshing sleep, are considered a central aspect of the illness.

*Muscle Dysfunction:

Muscle weakness and pain are recognized as important symptoms.

*Vascular and Cardiac Dysfunction:

The definition also considers the involvement of the cardiovascular system.

*Endocrine Dysfunction:

Hormonal imbalances are acknowledged as a potential factor.

*Phases of Illness:

The definition recognizes a primary infection phase and a secondary chronic phase.

Underlying Principles:

***Integrated Physiological System:**

The Nightingale definition emphasizes that M.E. is not a single disease but rather a complex interplay of physiological changes across multiple systems.

***Total Body Mapping:**

The definition suggests the need for a comprehensive assessment of all body systems to fully understand the illness.

***Genetic and Historical Factors:**

It highlights the importance of considering genetic and historical factors in the development and progression of M.E.

In essence, the 2016 Nightingale definition provides a more comprehensive and integrated understanding of M.E., recognizing its multi-system nature and emphasizing the need for a multi-faceted approach to diagnosis and treatment.

More here: <https://cfbdeb1f-cb90-495d-88ac-d547ac467884.filesusr.com...>

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