

# Comprehensive Symptom Guide for Myalgic Encephalomyelitis (M.E./MEICC)

## Part #1

### Introduction:

Myalgic Encephalomyelitis (M.E.), also referred to as MEICC (Myalgic Encephalomyelitis – International Consensus Criteria), is a complex, multi-system neurological disease recognized by the World Health Organization since 1969. It affects the central nervous system and disrupts nearly every bodily function, producing a wide range of physical, cognitive, sensory, and autonomic symptoms. Each person with M.E. experiences a unique combination of these symptoms, which can fluctuate in severity and be exacerbated by physical, cognitive, or sensory activity.

A defining feature of M.E. is Post-Exertional Neuroimmune Exhaustion (PENE), which is a pathological worsening of symptoms after even minimal physical, cognitive, or sensory exertion. PENE is not ordinary fatigue; it can appear hours or days after activity and recovery can take days, weeks, or longer. Understanding and respecting each person's unique activity limits, or "energy envelope," is essential for preventing relapses and long-term deterioration.

This guide provides a comprehensive, organized overview of the signs, symptoms, and co-morbid conditions commonly associated with M.E., presented in a format that is easy to scan and reference for patients, caregivers, and healthcare professionals.

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### Symptoms of Myalgic Encephalomyelitis (M.E./MEICC)

#### 1. Neurological & Cognitive Dysfunction

- Inconsistent CNS function
- Vertigo, imbalance, proprioception problems
- Temperature dysregulation (hot/cold intolerance)
- Hyperacusis (sound sensitivity), photophobia (light sensitivity)
- Pain/pressure at base of skull or behind eyes
- Visual disturbances: blurred, blacked-out, wavy vision, nystagmus
- Stroke-like or coma-like episodes
- Seizures & sensory storms
- Sleep issues: paralysis, fragmented sleep, circadian disruption
- Word-finding difficulty, dyscalculia, slow cognitive processing

- Memory problems: short-term, long-term, visual/verbal recall
- Difficulty multitasking, sequencing, following instructions
- Speech problems: aphasia, dysarthria, slowed or slurred speech
- Loss of verbal/performance IQ (often ~20 points or more)
- Emotional symptoms: mood swings, anxiety, depression, emotional flattening

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## 2. Cardiovascular & Vascular Dysfunction

- Reduced max heart rate / elevated resting heart rate
- Orthostatic intolerance: POTS, NMH, light-headedness, fainting
- Chest pain, pressure, palpitations, tachycardia
- Low blood pressure when upright or reclining
- Reynaud's phenomenon (feet/hands turning blue/painful)
- Edema (swelling in hands/feet)
- Poor circulation, blood pooling in extremities

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## 3. Muscular & Joint Dysfunction

- Muscle weakness or paralysis (all muscles including heart & eyes)
- Delayed recovery from exertion
- Muscle pain: dull, spike-like, shooting, or burning
- Spasms, tremors, twitching, visible atrophy
- Joint pain, stiffness ("gelling"), difficulty walking or balancing

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## 4. Sensory Dysfunction

### Eyes / Vision:

- Photophobia, blurred or wavy vision, double vision, floaters
- Nystagmus, depth perception loss, color perception issues

### Ears / Hearing:

- Hyperacusis, tinnitus (ringing, buzzing), hearing loss

- Ear pain, itching, vertigo, balance issues

Speech / Communication:

- Weak, hoarse, slurred speech or lost speech
- Difficulty pronouncing words, forming sentences, recalling words
- Speech comprehension worse in noisy environments

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#### 5. Gastrointestinal Dysfunction

- Difficulty swallowing (dysphagia)
- Oesophageal spasms, reflux (heartburn)
- Nausea, vomiting, bloating, diarrhea, constipation
- Food intolerances, allergies, altered taste/smell
- Gallbladder/liver pain, alcohol intolerance
- Appetite changes: increased, decreased, cravings

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#### 6. Respiratory Dysfunction

- Shortness of breath, air hunger, difficulty breathing
- Erratic breathing patterns
- Persistent coughing, wheezing, exacerbated by exertion

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#### 7. Sleep Dysfunction

- Unrefreshing sleep, waking worse than before bed
- Difficulty initiating/maintaining sleep, hypersomnia
- Very light sleep, lack of deep-stage sleep
- Sleep paralysis, dysania, vivid or violent dreams
- Circadian rhythm disruption

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#### 8. Pain

- Muscle pain: aching, spike-like, delayed after use

- Joint pain, stiffness, worsened by position or weather
- Head pain: occipital, retro-orbital, sinus, tension, hypoglycemia-related
- Neuropathic pain: neuralgia, causalgia, urogenital pain
- Allodynia: pain from normally non-painful stimuli

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#### 9. Reproductive Dysfunction

- Menstrual irregularities: shorter, longer, lighter, missing periods
- Worsened symptoms during menstruation
- Lowered libido, impotence
- Severe PMS or endometriosis-related pain

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#### 10. Urinary Dysfunction

- Increased frequency or urgency
- Painful/burning urination (dysuria)
- Difficulty passing urine, incontinence, nocturia

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#### 11. Weather & Environmental Sensitivity

- Worsening symptoms with heat, cold, humidity, weather changes
- Migraines, irritability, stiffness, muscle pain
- Sensitivity to light, noise, vibration, movement, and chemicals

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#### 12. Weight Changes

- Unexplained weight gain or weight loss
- Weight changes independent of diet

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#### 13. Late Effects of M.E.

- Persistent fatigue, cognitive disturbances
- Muscular/joint pain, weakness, wasting

- Respiratory difficulties, swallowing/voice problems
- Episodes of hypothermia, low blood pressure

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#### 14. M.E. Fatalities

- Organ failure (cardiac or pancreatic)
- Secondary infections
- Respiratory failure

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#### 15. Common Co-Morbid Conditions

- Mitral valve prolapse, viral myocarditis, pericarditis
- Depression, IBS, Raynaud's phenomenon
- Shingles, fungal infections, multiple chemical sensitivity
- Carpal tunnel syndrome, piriformis syndrome, fibromyalgia
- TMJ, Hashimoto's thyroiditis, sicca syndrome
- Endometriosis, dysmenorrhea, severe PMS, migraines, RLS
- Sleep apnea, irritable bladder, cystitis, prostatitis, Sjogren's

Part #2.

<https://m.facebook.com/groups/1063785371126868/permalink/2183258602512867/>

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#### References

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[#GAMEICC](#)