

## Myalgic Encephalomyelitis (ME): Facts Often Overlooked

\*ME is not defined by fatigue. Its hallmark is post-exertional Neuroimmune exhaustion (PENE), where physical, cognitive, sensory, or emotional exertion can trigger a delayed and prolonged worsening of symptoms.

\*ME is a neurological disease. Research has identified abnormalities involving the brain, brainstem, autonomic nervous system, and sensory processing.

\*Autonomic dysfunction is common. Many patients experience orthostatic intolerance, abnormal heart rate and blood pressure regulation, temperature instability, digestive problems, and reduced blood flow.

\*Energy production is impaired. Studies have found abnormalities in cellular energy metabolism, oxygen utilization, and exercise recovery.

\*Cognitive dysfunction is a core symptom. Difficulties with memory, concentration, information processing, and word-finding are common and often worsen with exertion.

\*Immune abnormalities have been documented. Research has identified various immune system irregularities, including altered inflammatory responses and impaired immune function.

\*Severity varies widely. Some people can maintain limited activities through careful pacing, while others become housebound or bedbound and may be unable to tolerate light, sound, or conversation.

\*Overexertion can worsen the illness. Patients who repeatedly exceed their limits may experience prolonged deterioration and loss of function.

\*ME has long been recognized as a neurological disease. The World Health Organization has classified ME under neurological disorders (ICD G93.3) for decades.

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### Myths and Facts

Myth: ME is just chronic fatigue or burnout.

Fact: ME is a complex multisystem disease. Fatigue may be present, but post-exertional symptom worsening is the defining feature.

Myth: Exercise is the solution.

Fact: While activity is beneficial in many illnesses, people with ME often experience worsening symptoms when they exceed their individual limits.

Myth: Symptoms cannot be measured objectively.

Fact: Studies have documented abnormalities involving the autonomic nervous system, immune function, cerebral blood flow, and energy metabolism.

Myth: ME is primarily psychological.

Fact: ME is associated with documented biological abnormalities. Psychological distress may occur as a consequence of living with a disabling illness but is not considered its cause.

Myth: Rest causes the illness.

Fact: People with ME often rest because activity worsens symptoms. The disease cannot be explained by deconditioning alone.

Myth: Normal routine tests mean the illness is mild.

Fact: Many abnormalities in ME are not detected by standard laboratory testing. Severity is often reflected by functional impairment rather than routine test results.

Myth: Everyone with ME is affected the same way.

Fact: ME exists on a spectrum ranging from mild impairment to profound disability.

Myth: Children are not seriously affected.

Fact: Children can develop severe, long-lasting ME and may lose years of education and normal development.

Myth: ME and CFS are identical terms.

Fact: The relationship between ME and CFS remains debated. However, many patients and researchers distinguish ME as a neurological disease characterized by post-exertional symptom worsening and multisystem dysfunction.

## References

<https://onlinelibrary.wiley.com/.../j.1365-2796.2011.02428.x>

Byron Hyde MD speaks about M.E.. There are 3 videos in this series.

### Part 1

[https://youtu.be/\\_QxCp8fEmpM?si=vELIZ1aJk19NKGlh](https://youtu.be/_QxCp8fEmpM?si=vELIZ1aJk19NKGlh)

approx 0:51:10 minutes long

### Part 2

[https://youtu.be/TJ\\_DQ6qUW1Y?si=VBG56Xh-Oc-8Uagb](https://youtu.be/TJ_DQ6qUW1Y?si=VBG56Xh-Oc-8Uagb)

approx 0:57:55 minutes long

Part 3

<https://youtu.be/9HrlGg9ipl0?si=KjETejjiELsezt7G>

Approx 0:23:42 minutes long

Byron Hyde, MD, Viruses & Bacteria

<https://youtu.be/SkG8Bi6aw38?si=aPNBuXanYRRw9r73>

approx 0:09:15 minutes long

Grey Literature <https://www.investinme.org/Article422-1%20Grey...>

<https://m.facebook.com/groups/347665639177551/permalink/1802768163667284/?>

Dowsett research: <https://pmc.ncbi.nlm.nih.gov/articles/PMC2429637/>

\*<https://www.investinme.org/Article-035%20Betty%20Dowsett...>

Behan & Behan <https://link.springer.com/article/10.1007/BF00294431>

Richardson: <https://www.mereseach.org.uk/.../The-Way-Forward-Final.pdf>

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[#NightingaleContinuum](#)