

Chronic fatigue syndrome: A unifying hypothesis for an etiological diagnosis

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Statement of the Problem: ME/CFS is a disabling complex chronic illness affecting millions of people around the world. It has a devastating impact on the lives of patients and their families, causing losses estimated at billions of dollars annually in medical bills and lost incomes. The present paper seeks to put forth a plausible unifying hypothesis for an etiological diagnosis of this debilitating illness. It begins with a summary of hypotheses that have been suggested for explaining ME/CFS. An attempt is then made to put together various pathogenetical and pathophysiological mechanisms into one hypothesis, suggesting a single etiological factor and linking all other mechanisms to one causality. Firstly, the paper defines several criteria that any diagnosis should meet in order to be considered plausible. Secondly, it suggests a clinical diagnosis that might meet the criteria and account for the constellation of symptoms associated with ME/CFS. It explains the plethora of pathophysiological mechanisms and manifestations in the light of the suggested diagnosis. Thirdly, it anticipates and attempts to answer some of the issues that may be raised. Fourthly, it pinpoints challenges that need to be addresses in the light of the suggested causality. Finally, the paper suggests a plan for diagnosing patients with ME/CFS and a plan for ex juvantibus treatment defining challenges and strategies for further study.

Biography

Kaiss Jarkass graduated from Saint Petersburg State Medical University I.P. Pavlov (Formerly, First Leningrad I. P. Pavlov Medical Institute) in 1988. He has 20 years' experience in field work both in government sector, as a school health physician, and in private practice as a GP. He has interest mainly in infectious diseases, chronic illnesses and ME/CFS.

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