

New Jersey Chronic Fatigue Syndrome Association, Inc.

Advocating for Patients Since 1995



ME/CFS Putting the Pieces Together

Chronic Fatigue Syndrome (CFS) is a serious, complex and disabling disease, which causes incapacitating fatigue and a wide variety of immune, neurological, endocrine, cardiovascular and other symptoms. It substantially reduces the patient's ability to function. Symptoms are made worse by physical and mental activity and are not relieved by rest or sleep. Researchers hypothesize that factors such as exposure to infectious agents, environmental toxins, or physical trauma, as well as a genetic predisposition, interact to produce the illness.

At least one million American men, women, and children suffer from CFS. The disease is also known as Myalgic Encephalomyelitis (ME) or Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS). The acronym ME/CFS is increasingly being used. Symptoms, which must be present for at least six months, include pathological fatigue and many of the following: post-exertional malaise, cognitive and neurological problems, sleep disorders, headaches, muscle or joint pain, tender lymph nodes in the neck and armpits, fever, sore throats and gastrointestinal problems. Before a diagnosis of ME/CFS is made, many other illnesses that also cause incapacitating fatigue must be excluded.

The New Jersey CFS Association, Inc. (NJCFSA) is a registered 501(c)(3) nonprofit, tax-exempt organization whose purposes include supporting patients and their families, disseminating reliable information about ME/CFS, and promoting research into the causes, treatments and cure of the disease. The NJCFSA sponsors a wide range of activities including:

- Support Groups
- Journal
- Professional Referrals
- Medical Conferences
- Lending Library
- HelpLine
- Research and Scholarship Funds
- Advocacy for CFS Patients.

The NJCFSA relies on contributions. All donations are tax-deductible.

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