



May 2011

Dear Doctor,

Patients depend not only on the skill of the physician performing a procedure, but also on the expertise of the anesthesiologist who provides for their comfort during that procedure. You and your colleagues recognize that everything about the patient's history is vital to the care you provide. Sometimes that can be difficult when there is history of a little known or poorly understood illness.

Chronic Fatigue Syndrome (CFS) is one of those illnesses. While etiology and transmission is still being researched and debated, it is known that patients with CFS may react to anesthesia in unexpected ways. We are very fortunate that Dr. Charles W. Lapp, MD and Dr. Paul R. Cheney, MD, PhD, each a noted CFS researcher, have both spent many years studying the illness, and they have each produced a memorandum discussing possible problems which may arise in patients with CFS during anesthesia and sedation.

The New Jersey Chronic Fatigue Syndrome, Association (NJCFSA) has recently, with the permission of Drs. Lapp and Cheney to use their papers, created an anesthesia packet. It has been distributed to NJCFSA members throughout NJ and many other states, and is also available at www.njcfsa.org. The packet contains the two enclosed documents as well as a wallet card, now being carried by many patients.

It has been estimated that there are between one million and four million patients with CFS in the USA - many undiagnosed. There is no cure and for the majority it lasts for the rest of their lives. Like the general population, patients with CFS may at time require sedation and/or anesthesia. It is the hope of the NJCFSA that by sharing this information with those who will administer it, patients will have a safer procedure and faster recovery.

The NJCFSA mission statement includes the aim to disseminate accurate information about the illness. We therefore are requesting that you read the enclosed information and make copies available to the anesthesiologists and anesthesiologists in your department. If you prefer to send it to them via email, it can be downloaded from the [NJCFSA.org](http://www.njcfsa.org) website.

On behalf of the NJCFSA Board of Trustees and the patients with CFS, we sincerely thank you. If you have any questions, please feel free to contact us.

Sincerely,

Patricia LaRosa, RN, MSN
Betty McConnell
Co-Presidents, NJCFSA