

HOW MUCH DOES THIS COST?

Coverage depends on your insurance company. For those who do not have insurance or want to pay out of pocket, BioReference offers the test at a very affordable price through our Community Health Advocacy Program. Ask your physician's office for more information.

Did You Know?

- People of any age can have CFS, but research suggests that prevalence is highest in people in their 40s and 50s.
- People of every ethnicity can have CFS.
- Studies have found that 4 out of 5 people with CFS are women.
- The Centers for Disease Control and Prevention (CDC) estimates that more than one million people in the U.S. have been diagnosed with CFS, and millions more have similar symptoms.

Where Can I Find More Information?

Center For Disease Control and Prevention;
Chronic Fatigue Syndrome (CFS):
www.cdc.gov/cfs/

CFIDS Association of America:
www.cfids.org

REFERENCES:

1. Seller RH, Symons AB. Differential Diagnosis of Common Complaints. 6th edition. Philadelphia, PA: Saunders; 2011. 159-171.
2. Bates DW, et al. Prevalence of fatigue and chronic fatigue syndrome in a primary care practice. Arch Intern Med. 1993;153(24):2759-65.
3. Cornuz J, Guessous I, Favrat B. Fatigue: A Practical Approach To Diagnosis In Primary Care. C Medical Association Journal. 2006; 174(6): 765-767.

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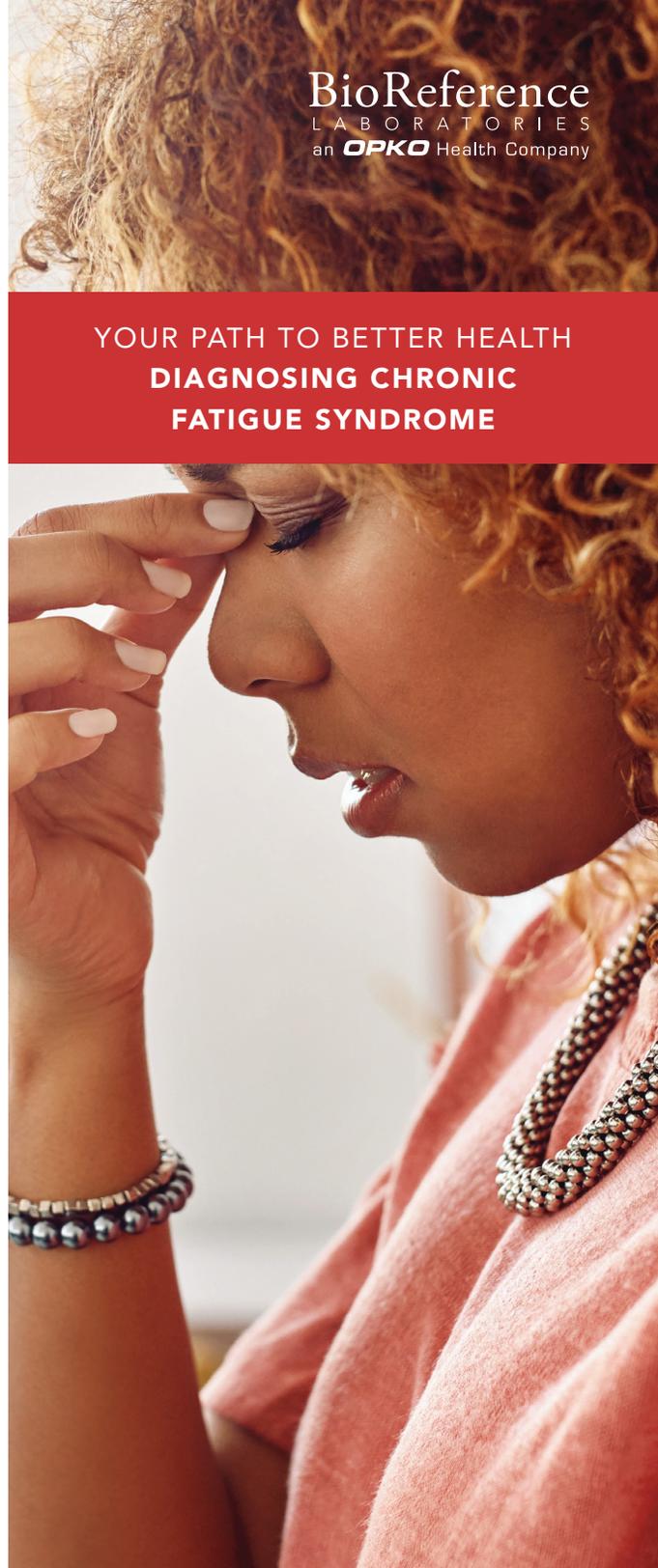
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YOUR PATH TO BETTER HEALTH
**DIAGNOSING CHRONIC
FATIGUE SYNDROME**





What is Chronic Fatigue Syndrome?

Chronic Fatigue Syndrome (CFS) is a complex disorder characterized by unexplained and persistent fatigue. Generally, it is not the result of ongoing exertion and rest does not substantially alleviate symptoms. The condition usually results in a substantial reduction of previous levels of occupational, educational, social, or personal activities.

What are the Symptoms of CFS?

Symptoms usually last longer than six months and can include:

- Memory loss or the inability to concentrate
- Mild fever
- Sore throat
- Tender lymph nodes
- Headaches
- Non-restorative sleep
- Depression

What Medical Conditions are Associated with CFS?

There are many conditions that are commonly associated with CFS including viral or bacterial infections, hypothyroidism, endocrine disorders, fibromyalgia, depression, anxiety, anemia, mononucleosis, sleep apnea, and autoimmune diseases.

How common is CFS?

Fatigue is quite common in the U.S. Up to 33% of patients in primary care settings complain of fatigue and fatigue-related symptoms.

What is the Path to Diagnosing CFS?

The path to diagnosing CFS consists of a comprehensive test that identifies certain autoimmune diseases that may be the cause of your unexplained symptoms. The test can confirm the presence of antibodies in commonly associated conditions such as autoimmune diseases, thyroid disease, Lyme disease and viral infections.

When Should I Get Tested?

Patients experiencing symptoms of CFS usually turn to at home remedies first, such as experimenting with changes in diet and exercise habits. Should those fail, a visit to your primary care physician typically results in a trial of medication and perhaps advice regarding lifestyle choices. If symptoms persist, and a diagnosis cannot be made, you may wish to discuss diagnostic testing using the BioReference Chronic Fatigue Syndrome Profile with your doctor.

What Happens if I Test Positive for One of the Diseases?

Your physician will receive a detailed results report. Based on your specific results, he or she may recommend medications or lifestyle changes to control certain risk factors, or recommend seeing a specialist to treat your condition.

