How chronic fatigue syndrome wears patients out
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Imagine if your muscles kept telling your brain you were exhausted, even when you were resting. That's what it's like for those who struggle with chronic fatigue syndrome, and researchers suggest in a new report that they now know why. The disorder may cause the body to amplify fatigue signals associated with physical activity, the researchers explained, which is why some patients become worn out just walking across a room. "People with chronic fatigue are essentially sensing muscle metabolites [products produced when energy is expended] while they are not doing anything, and they're not supposed to be," said study author Dr. Roland Staud, a professor of rheumatology and clinical immunology at the University of Florida College of Medicine. "Generally speaking, when we're at rest, we don't feel our muscles."
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