Reducing Your Risk of Chronic Fatigue Syndrome (CFS)

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En Español (Spanish Version)

There are no guidelines for preventing CFS. Research is under way for a better understanding of CFS and ways to prevent it. However, it is sensible to eat a balanced diet and exercise regularly. Moreover, try to avoid the use of the following drugs since they are known to cause fatigue:

- Drug abuse
- Hypnotics
- Blood pressure medications
- Antidepressants
- Seizure medications
- Antihistamines
- Beta blockers
- Tranquilizers

REFERENCES:

Centers for Disease Control and Prevention website. Available at: http://www.cdc.gov/.
