Treatments for Chronic Fatigue Syndrome (CFS)

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En Español (Spanish Version)

Since no cause for CFS has been identified, the therapies for this disorder are directed at relief of your symptoms until you gradually recover. You and your doctor should work together to develop an individually tailored program that provides the greatest perceived benefit. Ideally, it will be based on a combination of therapies.

Treatment may involve the following:

- Lifestyle changes
- Medications
- Alternative and complementary therapies
- Other treatments

Currently, there are no surgical procedures for the treatment of CFS.

REFERENCES:

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

