

What is ME/CFS?

Myalgic encephalomyelitis/chronic fatigue syndrome is a disorder that causes extreme fatigue. It does not improve with rest, and will worsen with continued activity - mental or physical.



Symptoms:

Muscle weakness, cognitive dysfunction (brain fog), orthostatic intolerance (dizziness and worsening of symptoms when standing or sitting up), PEM, and more.



Note: People with ME/CFS have varying symptoms

What is PEM?

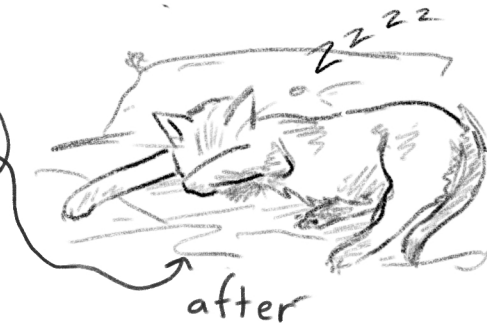
Post Exertional Malaise happens after exerting myself. It worsens my symptoms and can last several days to several months. It's so severe that I am partially bed-bound.



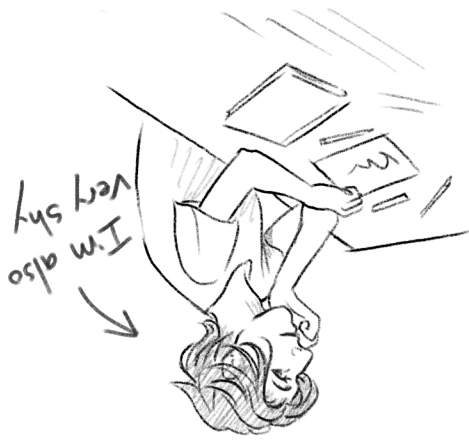
PEM often starts one or two days after the exertion

What causes PEM?

Engaging for too long or in too many activities (physical, cognitive, or emotional), and having too much stimulation, (sounds, lights, weather, etc.) Examples: shopping, chores, busy environments, events, long conversations, exercising, car rides.



Hello,
My name is Iris
I have a chronic illness
called ME/CFS



If you have more questions you can visit Wikipedia, reddit.com/r/CFS or scan my QR code and navigate to the "about CFS" page.



wintermintarts.com

Note: This comic is not a substitute for learning about ME/CFS. It is intended to show my close friends and family for their support and understanding.
Thank you for reading!

What you can
do for me:

Allow me to sit/lay down as much as possible, frequent breaks from interactions and activities, and reduction in noise and lights when resting.



How do I recover
from PEM?