

Myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS)

肌痛性脑脊髓炎/慢性疲劳综合征 (ME/CFS)

*This document was translated into **Chinese (Simplified)** by NAATI-credentialed translators, ensuring precise and culturally appropriate messaging. The translation was independently reviewed by NAATI-credentialed linguist, confirming that the final outputs are accurate, polished, and fully aligned with the needs of the target audience.*

Myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) is a long name for a complex disease with many disabling symptoms. ME/CFS impacts many parts of the body and makes people very sick.

肌痛性脑脊髓炎/慢性疲劳综合征 (ME/CFS) 是一个名称较长的复杂疾病，伴随多种致残症状。肌痛性脑脊髓炎/慢性疲劳综合征 (ME/CFS) 会影响身体的多个部位，使患者感到严重不适。

Myalgic encephalomyelitis (ME) is a medical name, and when it is broken down, it means:

肌痛性脑脊髓炎 (ME) 是一个医学名称，拆开来，它的意思是：

- **Myalgic** means muscle pain
- **Encephalo** refers to the brain
- **Mye** means spinal cord
- **-itis** means inflammation.

- **Myalgic** 意为肌肉疼痛
- **Encephalo** 意为大脑
- **Mye** 意为脊髓
- **-itis** 意为炎症

ME/CFS is a disease that affects many parts of the body:

肌痛性脑脊髓炎/慢性疲劳综合征 (ME/CFS) 是一种影响身体多个部位的疾病：

- Brain
- Muscles
- Stomach and digestion
- Immune system (the part that fights sickness)
- Blood circulation.

- 大脑
- 肌肉
- 胃和消化系统
- 免疫系统 (对抗疾病的部分)
- 血液循环

It can start suddenly or slowly. Some people can still work or go to school. Some are too sick to get out of bed ¹.

它可能突然发作，也可能缓慢出现。有些人仍然可以工作或上学。有些人病情严重，卧床不起 ¹。

How is it like long COVID?

与长新冠的相似之处

About half of the people who stay sick after COVID have symptoms like people with ME/CFS ^{2,3}.

大约一半在感染新冠后持续生病的人，其症状与肌痛性脑脊髓炎/慢性疲劳综合征 (ME/CFS) 患者相似 ^{2,3}。

Common symptoms of ME/CFS

肌痛性脑脊髓炎/慢性疲劳综合征（ME/CFS）的常见症状

- Post-exertional malaise (PEM) — feeling much worse after doing even tiny amounts of activity
- Trouble sleeping or not feeling rested after sleep
- Pain in muscles, joints, or the head
- Difficulty thinking, focusing, or remembering
- Trouble with noise or bright light
- Feeling dizzy or worse when sitting or standing
- Feeling sick or having stomach pain⁴.
- 劳累后不适（PEM）——即使进行极少量活动，也会感到症状明显加重
- 睡眠障碍或睡醒后仍感疲惫
- 肌肉、关节或头部疼痛
- 思考、专注或记忆方面出现困难
- 对噪音或强光感到不适
- 坐立或站立时感到头晕或症状加重
- 感到恶心或胃痛⁴。

Who can get ME/CFS?

肌痛性脑脊髓炎/慢性疲劳综合征（ME/CFS）的患病群体

Anyone — young or old, but ME/CFS can't be caught from someone else⁴.

任何人——无论年轻或年长——都有可能患上肌痛性脑脊髓炎/慢性疲劳综合征（ME/CFS），但这种疾病不具有传染性⁴。

What can cause ME/CFS?

肌痛性脑脊髓炎/慢性疲劳综合征（ME/CFS）的病因

Doctors do not know. It can happen after:

- A virus or infection (like the flu or glandular fever)
- Contact with harmful chemicals
- A significant injury or accident
- An operation (surgery)
- Stress or emotional trauma⁴.

医生尚不清楚原因。它可能在下列情况后发生：

- 病毒或感染（例如流感或腺病毒性发热）
- 接触有害化学物质
- 一次严重的受伤或事故
- 一次手术
- 压力或情感创伤⁴。

How do doctors diagnose ME/CFS?

肌痛性脑脊髓炎/慢性疲劳综合征（ME/CFS）的诊断

There is no single test.

没有单一的检测方法。

Doctors check people carefully to make sure there is no other reason for their symptoms.

医生会仔细为患者进行检查，确保他们的症状并非由其它原因引起。

People must have problems with the following to be diagnosed with ME/CFS.

患者必须出现以下症状才能被诊断为肌痛性脑脊髓炎/慢性疲劳综合征（ME/CFS）。

- Waking up tired
- Feeling very tired all the time for more than 6 months
- Post-exertional malaise (PEM) - feeling much worse after doing even tiny amounts of activity.

- 醒来时感觉疲惫
- 超过6个月一直感到极度疲惫
- 劳累后不适（PEM）——即使进行极少量的活动，也会感到症状明显加重。

Either:

下列其一：

- Problems thinking or remembering things
- or
- Feeling sicker when standing or sitting.

- 思考或记忆方面出现困难
- 或
- 站立或坐立时感觉更加不适。

How long does it last?

持续时长

A small number of people get better, but recovery can be slow. Some improve, others stay the same and about 20% get worse over time ^{5,6}.

少数患者的症状会有所好转，但恢复过程可能十分缓慢。有些患者会有所好转，有些保持不变，大约 20% 的患者会随着时间推移会变得更糟 ^{5,6}。

How is it managed?

症状管理

There are things you can learn and do to help manage your symptoms:

您可以通过学习和实践一些方法来管理症状：

- Learn about PEM
- Learn how to look after your energy
- Rest.

- 了解劳累后不适（PEM）
- 学习如何管理自己的能量
- 休息。

There are also things your doctor can help with:

医生可以提供的帮助：

- Symptoms management ⁷

- 症状管理 ⁷

Reference

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