



What is the difference between PEM and fatigue?

- Complete body malfunction
- For me PEM is being hit by flu like muscular aches throughout my body and especially limbs.
- PEM is the increase in every life debilitating symptom we have. It takes away from the miniscule abilities I have. It takes more of my life
- For me, it is a breakdown of my mental and physical health. Body burning, emotional, body aches, as if having the flu.
- PEM includes neurological and immune type symptoms - increases in pain, and sensory sensitivities and flu symptoms where as fatigue is like having done back to back hikes - exhausting.
- PEM feels like being punished for existing. Every action comes at cost of movement, speech, freedom, autonomy. Fatigue is nothing comparable
- Pem brings frustration and despair if it lingers
- PEM can feel like a concussion - and may be like a concussion with low ATP in the brain - so rest is so important to avoid causing damage.
- I would love the term CFS to disappear - as you recognise PEM is NOT fatigue.
- PEM means to me that after exercise like going for a walk or doing a lot of housework, I collapse in the afternoon and the next day. I have increased intolerable pain and brain fog. Fatigue, as a dancer in my early life, recovery is an hour or two.
- Sacrifice
- Sensory overload is so debilitating and so misunderstood
- It can be so confusing to feel able to do something one day but then still get PEM the next day..
- ME rest is not relaxing
- Pacing is disappearing from your own life... but we HAVE to...