

Chronic Fatigue Syndrome PSA (:60) Not in My Head

[Man] My memory is shot.

[Woman] My legs feel like lead.

[Man] Every muscle in my body is screaming.

[Woman] So why does everyone think the problem is in my head?

[Female Announcer] Chronic fatigue syndrome can be as isolating as it is debilitating—especially when those around you don't understand what you're going through.

If you're experiencing extreme exhaustion, coupled with difficulty sleeping and concentrating, body pain, and flu-like symptoms, you could have chronic fatigue syndrome. But you're not alone. More than one million Americans suffer from CFS, but less than 20 percent have been diagnosed.

Log on to www.cdc.gov/cfs for the latest research and guidance on diagnosis and management. That's www.cdc.gov/cfs.

[Woman] Get informed.

[Man] Get diagnosed.

[Woman] Get help.

[Female Announcer] A public service announcement from the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.