

# IOM 2015 DIAGNOSTIC CRITERIA

A PATIENT WITH ME/CFS MAY PRESENT WITH A STORM OF SYMPTOMS AND COMORBIDITIES

Diagnosis Requires the Following Three Symptoms

1. **A substantial reduction** or impairment in the ability to engage in pre-illness levels of occupational, educational, social or personal activities, which persists for more than six months and is accompanied by fatigue (often profound, of new or definite onset, not the result of ongoing excessive exertion and not substantially alleviated by rest)

2. **Post-exertional malaise**

3. **Unrefreshing sleep**

At least one of the two following manifestations is also required

1. **Cognitive impairment**

2. **Orthostatic intolerance**

FLU-LIKE SYMPTOMS

**REDUCED FUNCTIONALITY**

DYSPNEA PAIN MUSCLE PAIN

MUSCLE FATIGABILITY & WEAKNESS

TEMPERATURE DYSREGULATION VERTIGO

**POST-EXERTIONAL MALAISE** PHOTOPHOBIA

HYPERSOMNIA MCAS CHEMICAL SENSITIVITIES

SWOLLEN LYMPH NODES ANAEMIA CHEST PAIN

GASTROINTESTINAL DYSFUNCTION HYPERACUSIS

SLOWED SPEECH INSOMNIA **PROFOUND FATIGUE**

POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME

HEADACHES MOOD SWINGS FOOD INTOLERANCES

JOINT PAIN **UNREFRESHING SLEEP** DEPRESSION

VITAMIN D DEFICIENCY ALCOHOL INTOLERANCE

WEIGHT GAIN/LOSS ANXIETY HYPOGLYCAEMIA

POOR COORDINATION JOINT HYPERMOBILITY

**COGNITIVE IMPAIRMENT** BLURRED VISION

MIGRAINES SYNCOPES CCI ALLODYNIA

**ORTHOSTATIC INTOLERANCE**

TACHYCARDIA DYSPHASIA