

Lessons from research in Chronic Fatigue syndrome!

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Fatigue in Chronic Diseases



'Lungs Lasting a Lifetime' conference



'Een Leven Lang Longen'



'Lungs Lasting a Lifetime' conference



Patients, (basic and applied) researchers, health-care sector, stakeholders discussed for 2.5 days

1. What are the main questions regarding lung health
2. Which questions can provide solutions for multiple diseases
3. As a consequence, which areas of research should be focused on during the coming 5-10 years?

Five priorities for research and their relevant impact



1 Overarching disease mechanisms

New therapies by cross-talk in research

2 Phenotyping and monitoring

Patient-tailored diagnosis and treatment

3 Regenerative medicine

Reduction of tissue damage, cure

4 Reduction of fatigue

*Reduced burden of disease,
Increased societal participation*

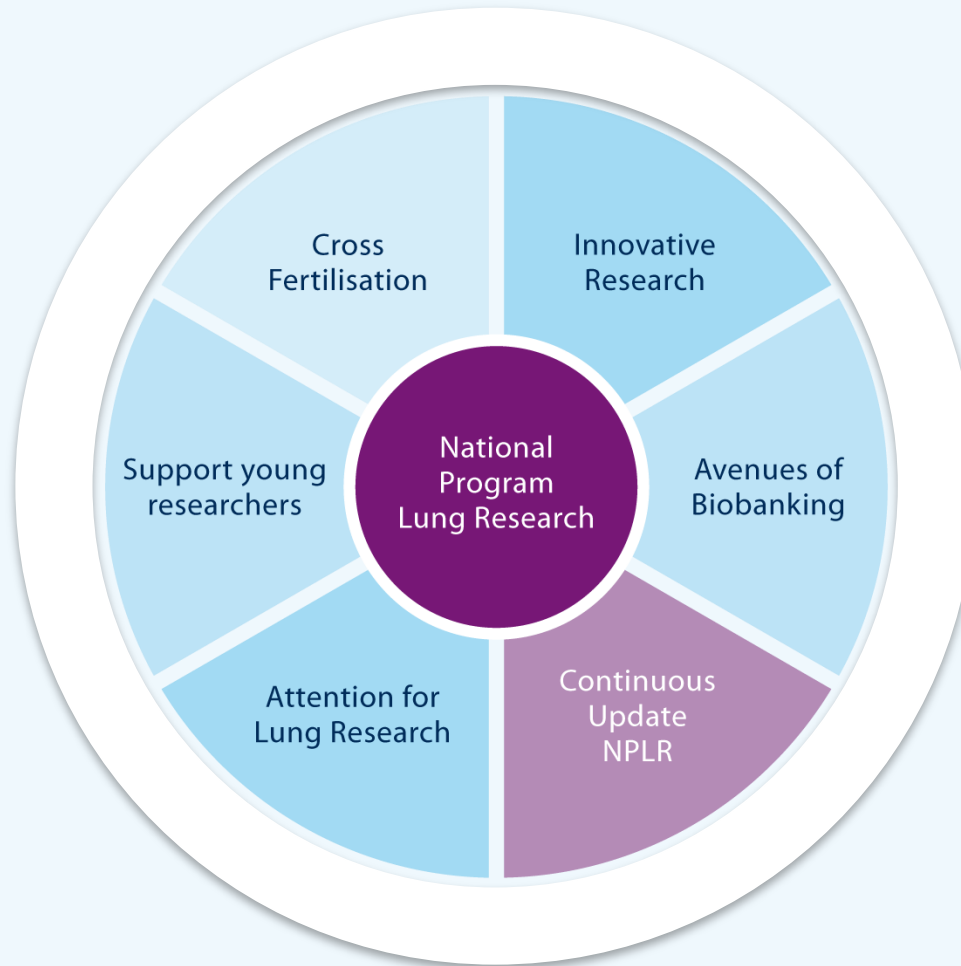
5 Early determinants and detection

*Sustainable health, prevention and
evidence for lifestyle recommendations*

6 Taskforces and 5 Priorities to *strengthen visibility, quality of research and effective collaboration*



'Een Leven Lang Longen'



How are you doing?

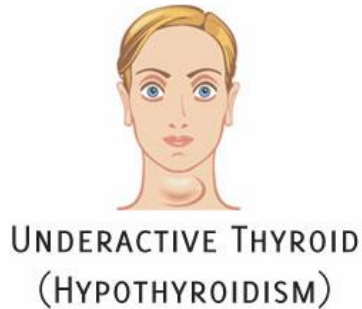
Fine?????



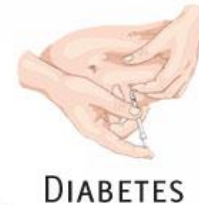
I am tired and fatigued

MEDICAL REASONS

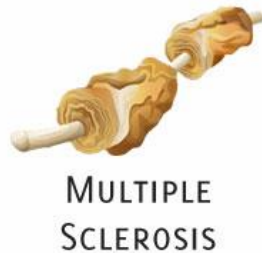
Why You Are Feeling Tired and Fatigued All the Time



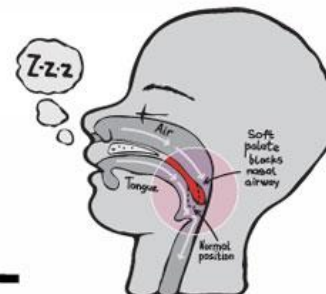
CHRONIC FATIGUE SYNDROME



FIBROMYALGIA



DEPRESSION



SLEEP APNEA

Top10
Home Remedies

To explore more, visit www.Top10HomeRemedies.com

I am tired and fatigued



No Exercise

Top10



Dehydration



Skipping Breakfast



Excess Caffeine



Obesity



Top10



Poor Sleep Quality



Too Much Stress

Top10
Home Remedies

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Fatigue

Top reasons for visiting a GP (2014, RNG, UMCG):

1. Sore throat, cold
2. Cystitis
3. Ear glue
4. Eczema
5. Bellyache
6. Fungal infection
7. Tiredness, weakness

Prevalence of fatigue in population-based surveys in European and US countries is 6.0 and 7.5 %

Prevalence of fatigue in chronic diseases is up 70% !!

Set some goals together



Welcome and here we go!

Fatigue in Chronic Diseases

