



**Myalgic Encephalomyelitis: Then and now.
An epidemiological introduction.**

Ramsay AM,; Dowsett EG.

In: The clinical and scientific basis of
Myalgic Encephalomyelitis/chronic fatigue syndrome;
Hyde BM, Goldstein J, Levine P (editors),
The Nightingale Research Foundation: Ottawa, 1992.

We adopted the following definition [of ME]:

“A syndrome
initiated by a viral infection
commonly described as a respiratory/gastrointestinal illness
but a gradual or more dramatic onset
following neurological, cardiac or endocrine disability
is recognised.

The cardinal features,
in a patient who has previously been physically and mentally fit,
with a good work record are:

1. Generalised or localised muscle fatigue
after minimal exertion with prolonged recovery time.
2. Neurological disturbance, especially of cognitive, autonomic and sensory
functions, often accompanied by marked emotional lability and sleep reversal.
3. Variable involvement of cardiac and other bodily systems.
4. An extended relapsing course with a tendency to chronicity.
5. Marked variability of symptoms both within and between episodes.”