

## Living with CFIDS

If you are diagnosed with CFIDS, the first thing to do is learn your limits. Too much physical or emotional stress can aggravate the symptoms and rest is the best cure. Joining a support group is also a good way to minimize stress and relate to those that share the same illness as you do.

## Efforts to Help

Support groups have formed all over the nation to help those with CFIDS. Joining the CFIDS Association of America provides an endless network of those that share in your disease and can provide support for you so that you can better understand what you are going through. If there is not one already, establish a local support group so that you are not only helping others, you are being helped as well.

## Finding a Physician

Since the symptoms are not organ specific, not one medical discipline has dedicated itself to the disease. The best resource is finding individuals that have already been diagnosed with CFIDS, and Physicians Honor Roll of CFIDS clinicians is available from the CFIDS Associations of America. If one is available, contact your local support group for the best information for you.

# CFIDS

## Understanding Chronic Fatigue and Immune System Disorder

### The CFIDS Association of America

PO BOX 220398  
Charlotte, NC 28222-0398

National CFIDS Information Lines  
1-800-44-CFIDS (1-800-442-3437)

Fax: 704-365-9755

### Local Support Contact

Utah CFIDS Association  
P.O. Box 511257  
Salt Lake City, UT 84151  
801-461-3378

The CFIDS Association of America