

## Symptom Categories & Warning Signs

This is a list of various symptom clusters that are specific to me. Some of the descriptions may appear to overlap but each category does feel physically different and sometimes has an identifiable trigger.

Category	Symptom Description
<b>Myalgia 1</b>	Tight/heavy across the shoulders, muscle ache in arms, legs & stomach, weak, feel cold, joint pain (knees, elbows and fingers), sore throat, swollen glands, drowsy. <i>Closest to the initial onset of the ME and reappears with a head cold or virus.</i>
<b>Myalgia 2</b>	Weak, weary, drowsy, feel cold, sore throat, heavy eyes, slightly raised temperature, sensitive skin. Can also develop other symptoms eg headache, numbness in lips and toes; pinpricks and increased appetite. <i>Generally get this after too much activity.</i>
<b>Myalgia Attack</b>	Feels like whole body being squeezed, eyes water, pin pricks, joints and muscles ache, sore throat, headache, drowsy. Lasts from 10 minutes to several hours or even longer. Can come and go in waves. Feel washed out afterwards for hours or days depending on how long it lasts. <i>Appears during a prolonged bad spell.</i>
<b>Bouncing Myalgia</b>	One, two or three different symptom categories come and go or “bounce” throughout the day(s). <i>Usually due to something new that the body cannot tolerate, eg a new medication. Not due to activity.</i>
<b>Myalgia Pain</b>	Deep ache/burning pain. Almost takes breathe away, makes eyes water, clammy hands. <i>This one can get very bad.</i>
<b>Heavy Stuff</b>	Whole body feels heavy and weighed down as though walking around wrapped in an exceptionally heavy cloak. <i>Sometimes wake up with this when it can last for about 2 hours and then change to another category.</i>
<b>Deeply Weak and Shaky</b>	Through to the bones, all over body. <i>Sometimes wake up with this when it can last for about 2 hours and then change to another category.</i>
<b>Spongy Stuff</b>	Legs feel like they do after pins & needles with blood rushing back into limbs. Also feel heavy, tired and often feel cold too. <i>Usually appears with one of the other categories.</i>
<b>Stretchy Leg Myalgia</b> (and sometimes arms too)	Occurs after bending down and stretching muscles in back of legs. Gradual weakness/myalgia spreads up from back of legs throughout the body and increases in severity over the following few hours. Takes several days to recover. <i>(Stopped doing stretching exercises because of this one!)</i>
<b>Done Too Much Activity But OKish</b>	Muscles feel overused especially in arms and legs, but symptoms do not progress. <i>This one's the rarest, but OK!</i>

The following are warning signs that can precede some of the above. Taking quick action can sometimes prevent any worsening of symptoms into one of the above categories.

Warning signs	Action to be Taken
Feel chilly	Slow down and get warm quick
Dull ache in lower right leg	Slow down and keep leg warm
Overnight sleep longer than 8 hours	Slow down – might need to go back to bed late morning, but do not sleep past 2 pm otherwise overnight sleep difficult later on.