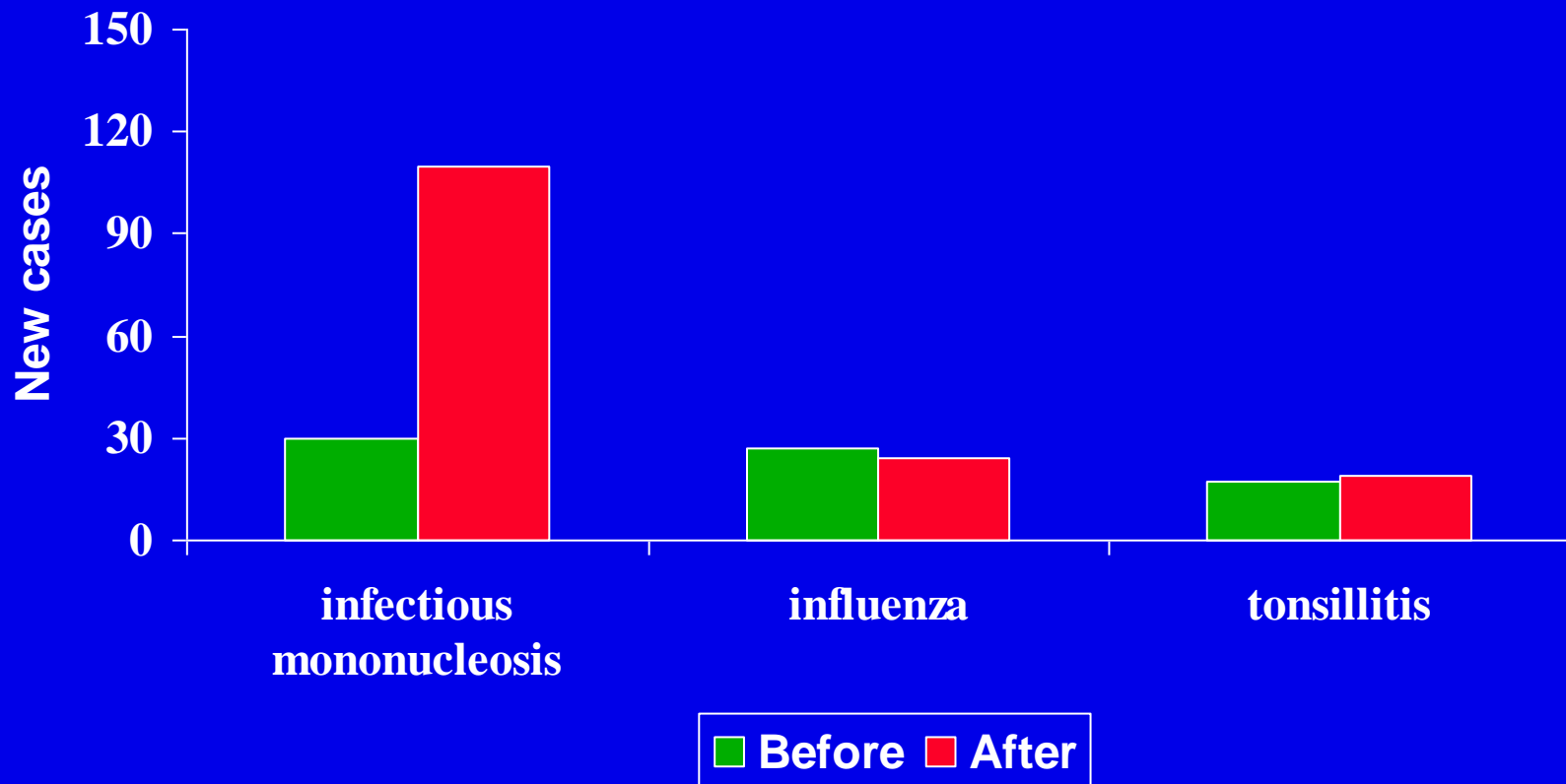


Post-infectious fatigue syndrome: Barts EBV & IM cohorts

Peter White

Fatigue *before* and *after*



Infectious mononucleosis (IM) subjects and controls

- 250 UK primary care attenders
- 108 subjects with acute EBV-IM
- 83 with non-EBV IM (e.g. HHV6, CMV)
- 54 URTI (e.g. streptococcus)
- 5 no evidence of infection

Design

- Assessed 1, 2 and 6 months after onset
- 20 physical symptoms
- 27 psych symptoms through SADS
- Various lab data
- Primary care records examined 2.5 years after onset

The fatigue syndrome after IM

Physical fatigue, especially after exertion

Mental fatigue

Hypersomnia (excessive sleep)

Retardation (being slowed down)

Poor concentration

Anhedonia (lack of pleasure or interest)

Irritability

Social withdrawal

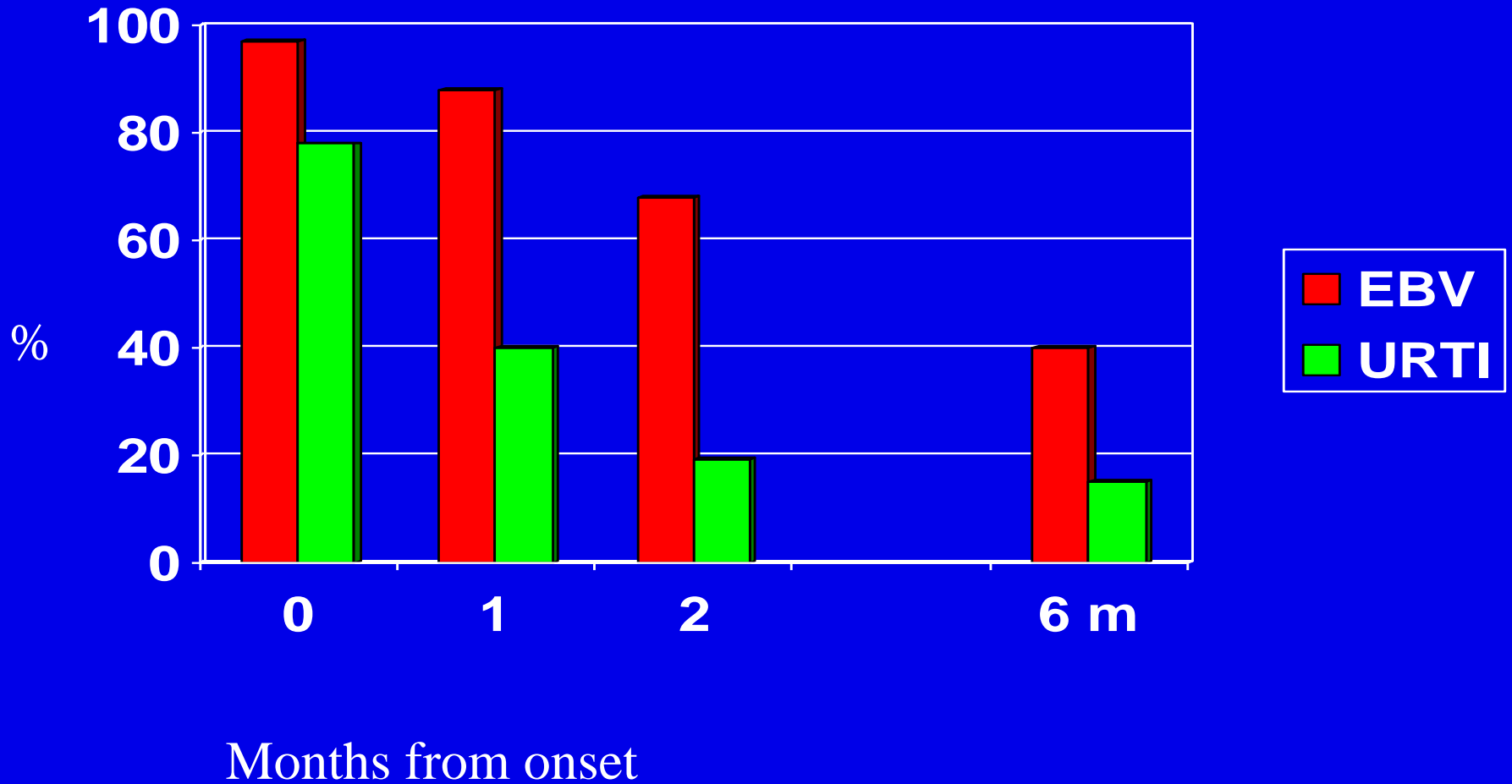
Emotional lability

Transient gland pain and swelling, when tired

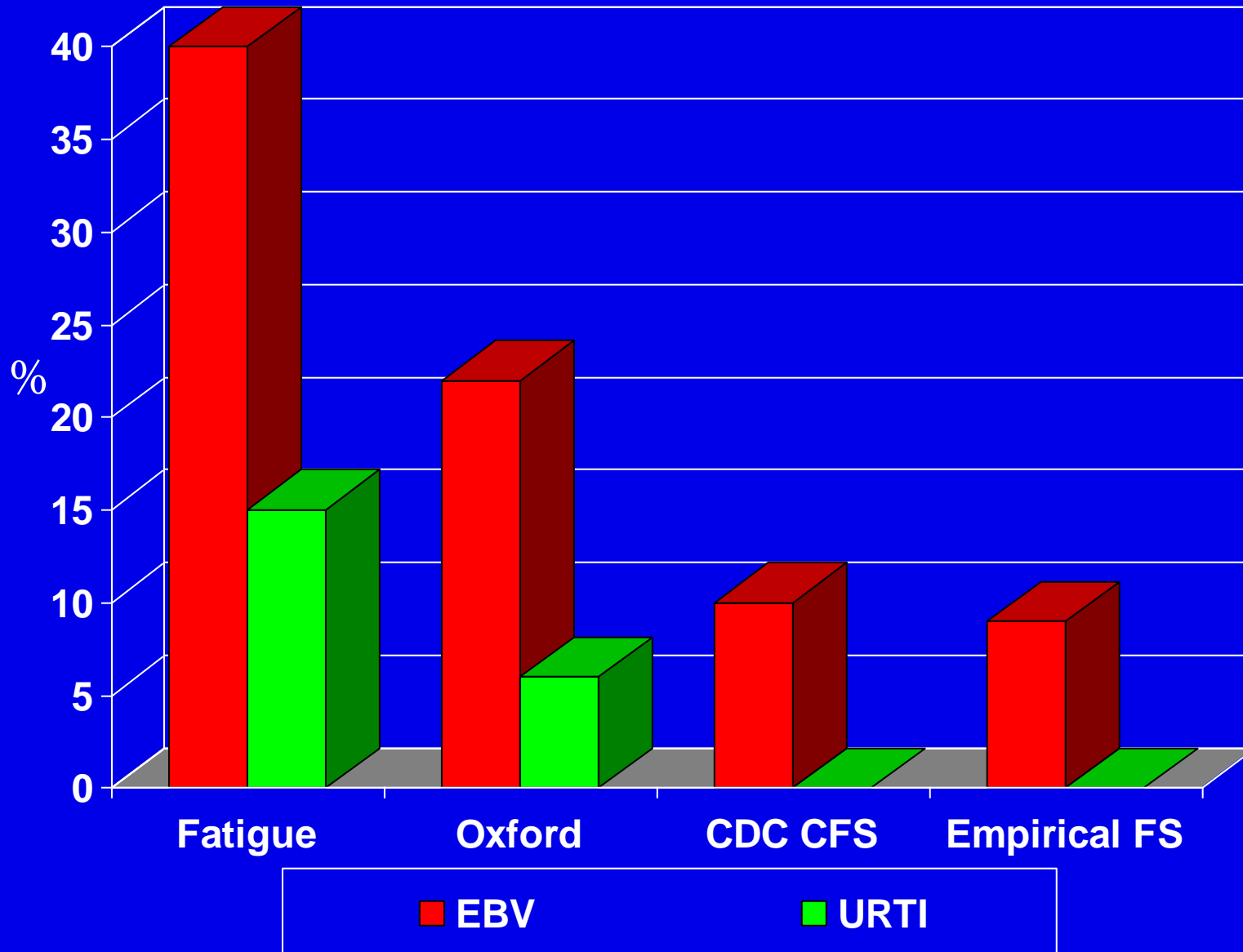
Transient sore throat, when tired

Anorexia, close to onset

Percentage with physical fatigue after infection



Prevalence (%) of fatigue 6/12 after infection



Predictors of empirical FS

Factor	1 month	2 mths	6 mths
<i>Mono +</i>	1.8	2.5	2.1
Fat. at onset	1.8		
Glands	1.8	2.3	
<i>Fitness</i>	0.3	0.3	0.4
Bedrest		1.13	
Extrovert			0.9

Conclusions

- Data available for meta-analyses of phenotypes and their associations
- Mainly symptomatic, medical history, but some lab data (VCA IgG & IgM, EA, EBNA, B cell regression)