

만성 피로 증후군의 개요

Chronic Fatigue Syndrome : An Overview

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Abstract

Fatigue is probably the most common symptom from both acute and chronic illnesses. It can be defined as a pervasive sense of tiredness or lack of energy that may not be related to exertion. Fatigue is transitory in most cases, however, if it is prolonged or disabling, a significant problem such as chronic fatigue syndrome (CFS) may be warranted. CFS is a complex, debilitating disorder characterized by severe persistent or relapsing fatigue for at least 6 months and a group of characteristic but nonspecific symptoms. Many researchers have proposed that CFS has a specific underlying cause. Currently, however, there is no evidence that supports this view. In addition, since there is no specific physical findings or definitive laboratory tests for consistent biological markers, the diagnosis of CFS depends on operational criteria that do not afford validity and is primarily a diagnosis by exclusion. The prognosis is poor and often the disability and impairment of daily function and performance may be prolonged. The limited understanding of CFS has complicated the management of this disorder. Therefore, the treatment of CFS may be variable and should be tailored to each patient - it should include exercise, diet, good sleep hygiene, antidepressants, and other medications, depending on the patient's clinical presentation.

Keywords : **Fatigue; Chronic fatigue; Chronic fatigue syndrome**

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(1).

가

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1

(prolonged) , 6
(chronic) (2).
가
가
(continuum) 1900
가 (3).
가
가
가
가
Hospital
1955 Royal Free
1980
가 10 Tahoe
가
가 Epstein - Barr (EBV) 가
가
(5, 6).
EBV
가
1980 EBV가
1750 Manning-
ham
가 , 1869 George
Beard가

1. ' (CDC, 1994)

1988
(Centers for Disease Control and
Prevention, CDC) 가

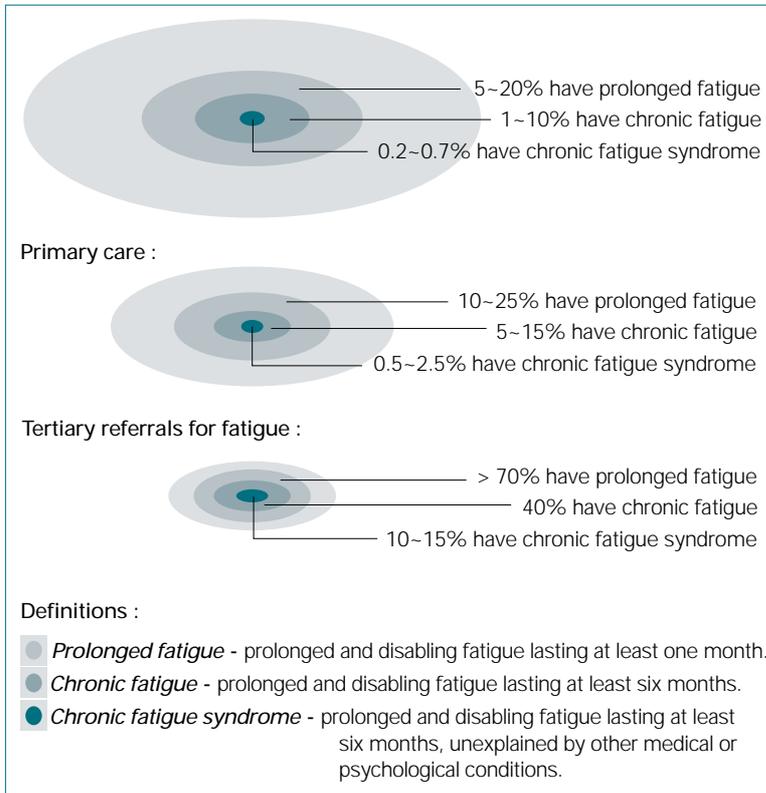
- 가 ; 가 6
가 ;
- 4가 6

(7). 가 ()

(Chronic Fa-
tigue Syndrome)
CDC 가

- 가
- 가 2

1994 CDC
가 , 1994 CDC (1)(8).
1994 CDC 가 가



가
 .
 2003
 CDC 가
 'Canadian
 가
 가
 (9).
 (1)

1. 1
 가 가 30% , 6
 . 15~
 10~20%
 9~13%가
 , 1~3%가
 (10, 11). (12)
 4 , 4.7%가
 6
 , 가 (1).
 가
 1994
 , 12~18

12

. 1994 CDC

0.42% 가(13),

2.6% 가(15)

(16).

가

가

1994 CDC

CDC

가

가

1.22%가

5

31.4%, 10

48.1%

(15).

(17).

28%

가

가

가

(18).

” “
” “

” “
” “

가

” “

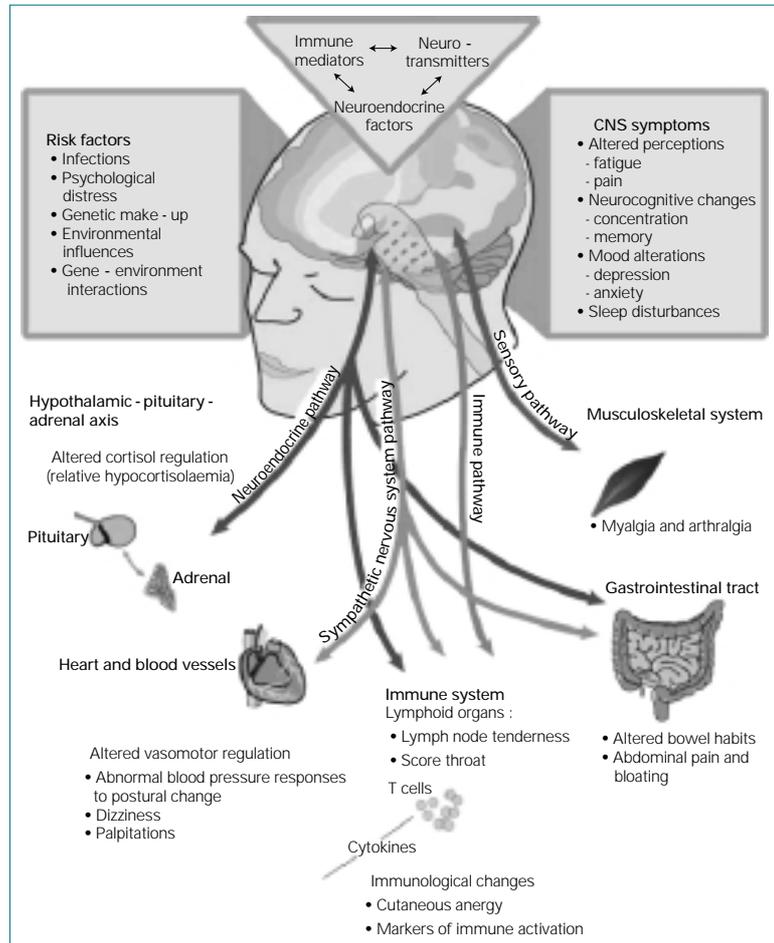
가

가

(3).

1. ‘

가



2. ‘ 가

(21).

(23).

가 . ,

SPECT

(hypothalamic - pituitary - adrena-

AIDS

laxis, HPA)가

가

. SF - 36

HPA가

가

(22). 가

(prolactin)

가 .

(24). REM 가 (25). 5 - HIAA(hydroxy indolacetic acid), arginine vasopressin, 5 - HT(hydroxytryptamine), prolactin

가 가

2. (2)(26) (27). 5~15% (tilting table test, TTT) (28). (neurally mediated hypotension) (26%) 96% TTT

SPECT(Single - photon emission computed tomography) (limbic system) 가 (AIDS) 가 가 가

가 . IL - 1
 IL - 6, IL - 1 , TGF - 가

3. 가

4. 가

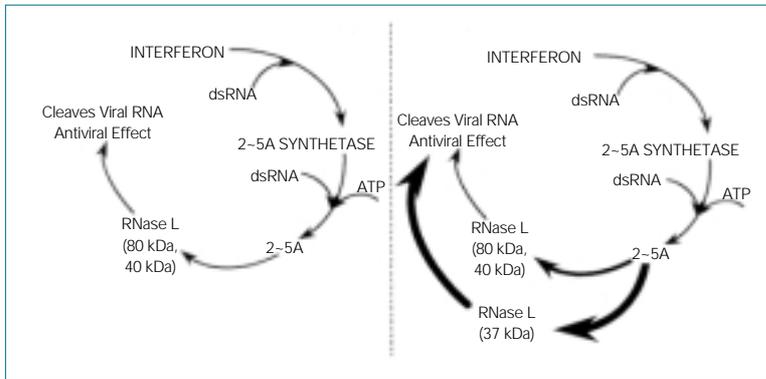
가 가 (29),
 (natural killer lymphocytes)
 (30). CD4+/CD8+ 가
 G 가,
 가 가 .

가 가 .

가 “ - 1(inter-
 leukin - 1, IL - 1) (cytokines)
 가 ,
 ” 가
 , candida albicans, mycoplasma,
 (toxoplasma, giardia)

가 EBV가
 가 Human
 herpes virus - 6(HHV - 6)가
 HHV - 6
 (31), EBV
 가

- 가



3. 2 - 5A synthetase/RNase L

가 2 - 5A

2 - 5A 가

(33~35),

RNase L(low molecular weight ;
37kDa) (33~35),
3)(36).

가

(AIDS) HIV(human immunodeficiency virus)

가

(Borna disease virus)

37kDa RNase L

(32).

가

5. 2 - 5A

2 - 5A

(4)

2 - 5A synthetase/RNase L

(2 - 5A)

가가

2 - 5A 가 2 - 5A synthetase 2 - 5A dependent ribonuclease L(RNase L)

가

가

, RNase L

RNA

가

4. Chalder

		가	가
1.		?	
()1.	()2.	()3.	()4.
2.		?	
()1.	()2.	()3.	()4.
3.		?	
()1.	()2.	()3.	()4.
4.		?	
()1.	()2.	()3.	()4.
5.			?
()1.	()2.	()3.	()4.
6.	()	?	
()1.	()2.	()3.	()4.
7.	()	?	
()1.	()2.	()3.	()4.
8.		?	
()1.	()2.	()3.	()4.
9.		?	
()1.	()2.	()3.	()4.
10.	()	가	?
()1.	()2.	()3.	()4.
11.		가	?
()1.	()2.	()3.	()4.
12.		가	가
()1.	()2.	()3.	()4.
13.		?	
()1.	()2.	()3.	()4.
14.		?	
()1.	()2.	()3.	()4.

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가

가

가
가
“ , , 가
가 , ,
?”

2.

CDC, (National Institutes of Health, NIH) 6
가
(38). 가
가 ,
가

1.

(MRI) 가 가
가
(amitriptyline 25mg,)
SSRIs(fluoxetine 10~20mg)
가가
가

가 가

(tricyclic antidepressant, TCA)가
가
가 . , TCA fluoxetine SSRIs
(selective serotonin reuptake inhibitors)
. RCT
, , 가
. ,
가 , 가
. 가 TCA(
. 가 10~20mg amitriptyline)가
. 48
. .
, .
2) .
(1) 1~2
3가 가 . 1 .
가 . TCA doxepin, amitriptyline,
desipramine, nortriptyline
, 가, 가
serotonin .
SSRIs .
. SSRI 가
. 가

SSRI . 가 .
 가
 SSRI .
 가 . RCT
 SSRI .
 fluoxetine, sertraline, paroxetine .
 trazodone, bupropion, venlafaxine 3)
 (cognitive
 (2) Corticosteroid behavioral therapy, CBT)
 HPA(hypothalamic- 가
 pituitary - adrenocortical)
 Addison .
 HPA (, ,)
 (가
)
 corticosteroid guided imagery,
 Hydrocortisone RCT 가 CBT .
 1 2
 가 CBT 가 RCT 가 CBT
 가 , , , 가 . CBT
 RCT
 5 CBT
 Fludrocortisone RCT 가 .
 CBT , ,
 (3) 가 .

(75).

가

가

가

가

4)

가

adenosine monophosphate, coenzyme Q - 10, germanium, glutathione, iron, magnesium sulfate, melatonin, selenium, l - tryptophan, vitamin B12, vitamin C, vitamin A, zinc

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(1) (Magnesium)

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가

RCT

가

(2) Vitamin

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