

## IV Treatment for CFS – Questionnaire Results

### Background

Many people with CFS come to see us having tried many approaches to improve their symptoms such as pacing, emotional and psychological supports and a wide variety of supplements. If we are unable to provide further sustained improvement using supplements and nutritional approaches then we discuss intravenous treatment options.

This is usually performed once or twice a week for a total of 8 infusions. Treatment always includes IV Vitamin C, often in combination with methylcobalamin (Vitamin B12), glutathione, magnesium and ozone autohaemotherapy.

We recently sent out questionnaires to a consecutive group of 64 patients (39 responded) who underwent IV treatment to clarify how they feel IV treatment had changed their:

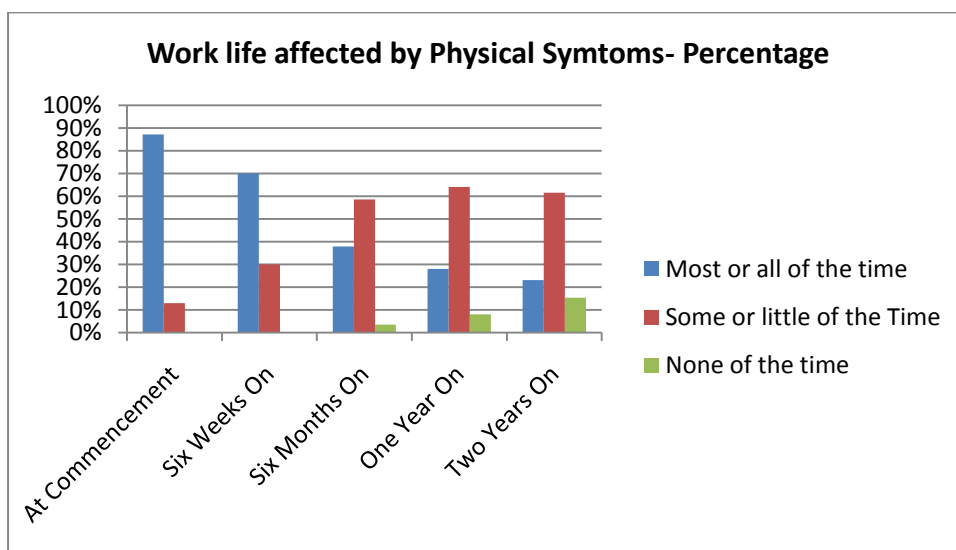
- **Impact on work and regular activities from physical health**
- **Impact on work and regular activities from emotional health**
- **General health**
- **Fatigue/tiredness symptoms**
- **Pain symptoms**
- **Ability to concentrate**

### Results

#### **Q.1 How much of the time did you have problems with your work or other regular daily activities as a result of your physical health?**

##### **Observations:**

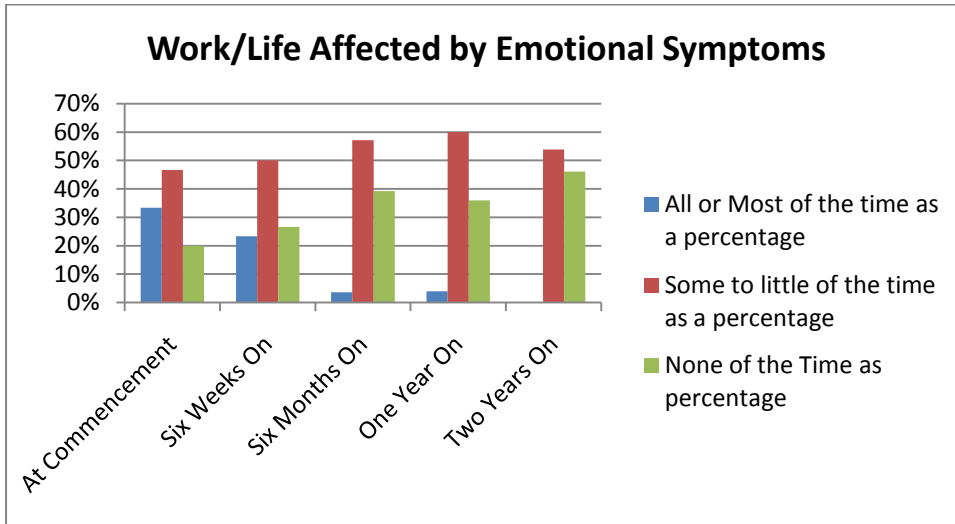
1. In two years (of continual improvement) the physical symptoms moved from affecting 87% “most or all of the time” to only 23% after 2 years.
2. After two years 77% of respondents were only affected some or none of the time



**Q2: How much of the time did you have problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?**

**Observations:**

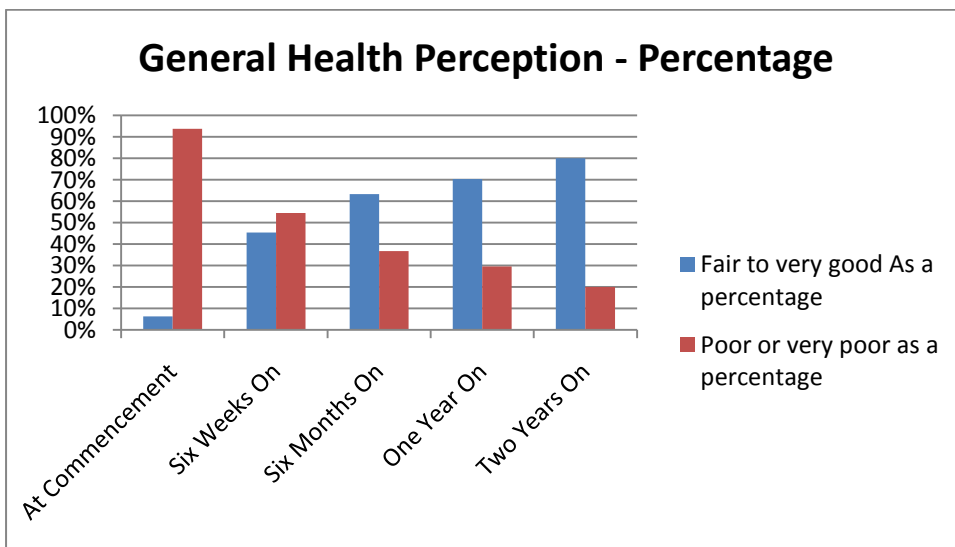
1. At commencement emotional factors affected work/life all or most of the time for 31% of respondents. None of the respondents were affected at this level at the end of 2 years.
2. At 2 years 54% of respondents were affected some or little of the time and 46% reported they were affected none of the time.



**Q3: How would you rate your general health?**

**Observations:**

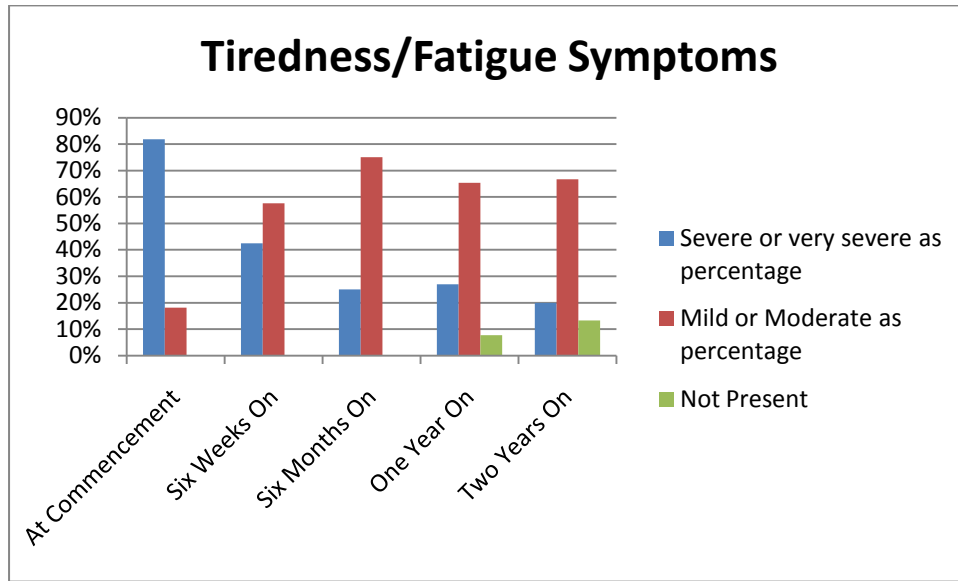
1. Poor to very poor health perception changed from 94% to 20% within two years.
2. Nearly half of patients recorded a good or very good health perception within two years of treatment.



#### Q.4 How would you rate your fatigue/ tiredness symptoms?

##### Observations:

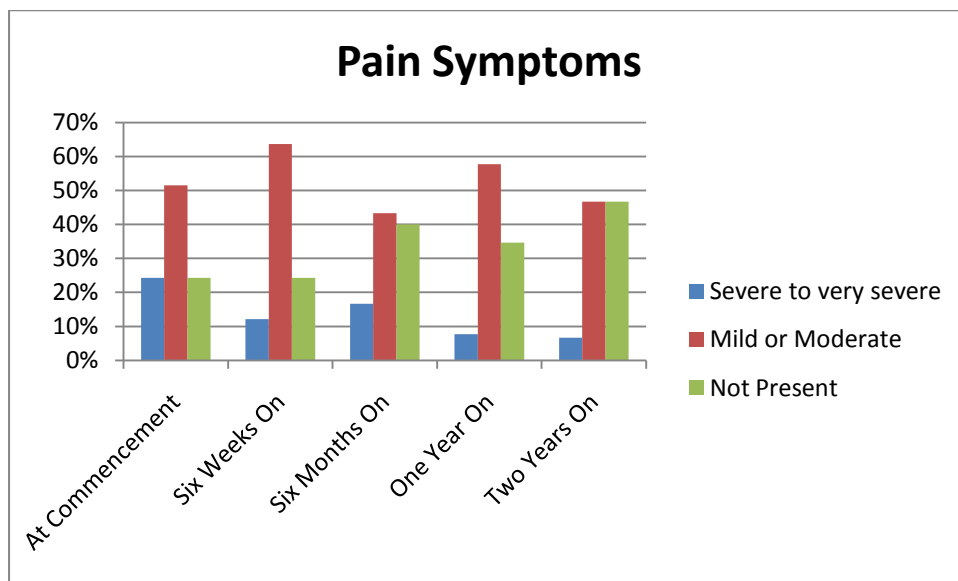
1. Severe to very severe tiredness symptoms went from 82% to 20% over the two years.
2. The percentage reporting only Mild to Moderate tiredness improved from 18% to 67% in two years.



#### Q5. How would you rate your pain symptoms (muscle or joint aches etc)?

##### Observations

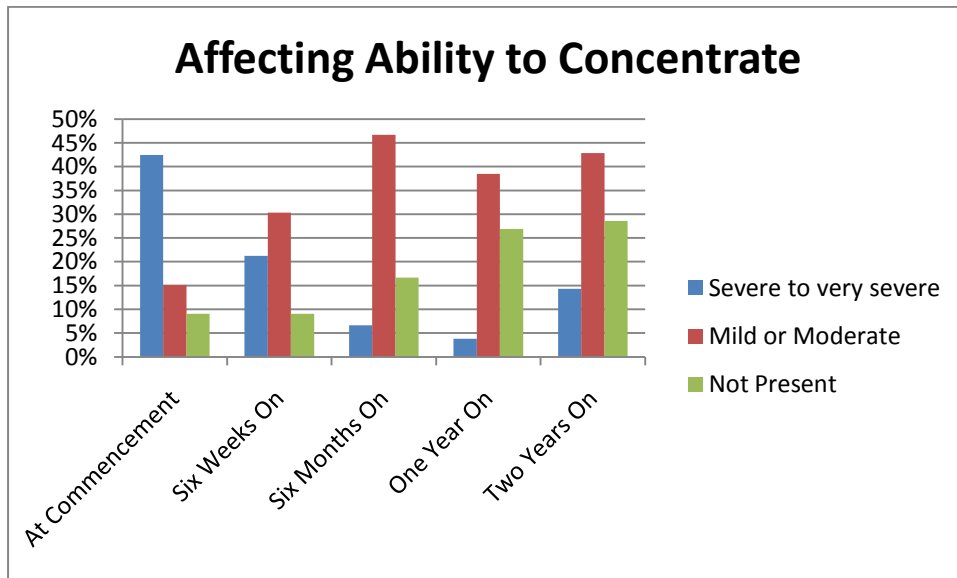
1. The percentage of respondents reporting being pain-free doubled from the initial 24% before treatment to 47% at two years.



## Q6. How would you rate your ability to concentrate?

### Observations:

1. In six months the improvement had almost reached its optimum level
2. Reports of severe or very severe impairment in ability to concentrate reduced from 42% of respondents before treatment to 14% at two years, with 29% reporting no impairment at all at two years.



### Selected Comments:

“without it I am fairly confident I would not have just completed my first year at university, let alone have achieved a 1<sup>st</sup> overall in my exams.”

“I am able to record the programme of treatment is the sole process (in 17 years) of various therapies, which has resulted in a sustained improvement.”

“sore muscles during the treatment but the nurses are wonderful! After treatment considerable health improvement and I found having a “top up” every now and again very useful.”