

## **CHRONIC FATIGUE SYNDROME (CFS)**

Compiled by Charles (Chuck) Maack – Prostate Cancer Advocate/Activist

**DISCLAIMER:** Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to voluntarily help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. There is absolutely no charge for my mentoring – I provide this free service as one who has been there and hoping to make your journey one with better understanding and knowledge than was available to me when I was diagnosed so many years ago. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing your prostate cancer care.

I am sorry to learn of a prostate cancer patient also experiencing Chronic Fatigue Syndrome (CFS). Bad enough to manage our cancer let alone have another ailment crop up and cause discomfort. I've only done limited research in CFS, but recently came across an article that might help. Below is a URL leading to an article discussing Coenzyme COQ-10 as an aid to chronic fatigue syndrome, since most patients with CFS are found to be very low in this important vitamin or vitamin-like substance. Coenzyme Q10 (Co-Q10) is present in all body cells, with the heart and liver containing the greatest amount. A major function of Coenzyme Q10 is to act as the catalyst in the production of energy at the cellular level. Research shows that there is a decline of Coenzyme Q10 levels with aging and that the decline of Coenzyme Q10 over time might be intimately linked to fundamental aging mechanisms and play a causative role in aging itself. Studies show that if CoQ10 declines to a 25% deficiency, our organs and systems cannot meet their energy requirements. Below 75% deficiency, life can no longer be sustained. CoQ10 has numerous benefits including improving the efficiency of energy production, improving heart function, preventing and curing gum disease, boosting the immune system, improving weight loss programs, reducing high blood pressure, and anti-aging effects. Obviously, I am a proponent of COQ-10, wrote a paper about it (<http://tinyurl.com/3vz4qb2>), and also wrote about it in my paper regarding diet and supplements for prostate cancer patients (<http://tinyurl.com/6z5l8fm>). I take 200mg every morning. If you are

experiencing CFS you should be checked to see if you are also experiencing low level COQ-10 in your system. In any event, it is easy enough to purchase (I purchase mine at a Sam's Club). Medical Oncologist Stephen Strum, who has specialized specifically in the treatment of advanced prostate cancer since 1983, recommends COQ-10 at 200mg daily. Please give the following a read for consideration:

<http://tinyurl.com/yjssdvd>

And this paper should be read, as well:

<http://tinyurl.com/nbec3v>