

**Katrina
Nainen, 1980
CFS/ME-potilas**



I went to Zimbabwe when I was 14 to visit some family. I got a stomach virus and was very sick. I recovered from the virus but never regained my previous normal energy. After a few months of pushing my self because doctors told me all I needed was long walks in the fresh air, I was bed bound for about 2 years. I was very exhausted, could not cope with noise, light or strong smells. I got bad headaches, terrible diarrhoea and I lost a huge amount of weight.

With the help of pacing and changing my diet, I started being about to leave my bed for short periods of time. I improved a little and have now plat-ode, where I can do small amount of activities and then I have to rest. I use a wheelchair to travel out the house so that can save energy and cope with the activity.

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I have had the illness for 23 years. I have managed to get married, get a distance learning degree, move to Finland and have children. All at a slow but determined pace. I have a carer to help me cope with household stuff and looking after my children. I still get very tired and suffer with a lot of pain. I have never worked and I have had many relapses periods where I have lost my memory to the point I do not know who my children are and have been bed ridden again.

One of the most difficult things is how society treats the illness as a illness that is not serious or physical. It debilitating life changing illness that needs to be treated and researched more by doctors who listen to their patients. Please help to make our lives easier by believing us.