

Management Basics

Focus on preventing PEM and relieving symptoms with shared decision-making; start low, go slow.

PEM Prevention & Pacing

- Pacing/energy-envelope education; activity should not provoke PEM.
- Provide written pacing guidance and crash plan.

Sleep

- Sleep hygiene; consider melatonin or low-dose agents for restorative sleep.

Pain & Headache

- Multimodal pain/headache approach; treat migraine where present.

Medications

- OI: fluids/salt/compression ± medications per judgment and comorbidities.
- Consider low-dose naltrexone (LDN) for pain/fatigue modulation.

Supplements & Deficiencies

- Correct deficiencies (vitamin D, B12, iron/ferritin).