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### Prevalence of Myalgic Encaphalomyelitis and Associated Musculoskeletal Symptoms in Educators

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KEYWORDS	ABSTRACT
Fatigue Syndrome, Chronic, Musculoskeletal Pain, Myalgia, Encephalomyelitis	Myalgia Encephalomyelitis (ME), also known as Chronic Fatigue Syndrome, is a neurological illness causing muscle discomfort, exhaustion, and brain fogginess. ME often co-occur with musculoskeletal (MSK) symptoms like stiffness and joint pain, which can worsen exhaustion and lower life satisfaction. Educators are at higher risk of developing ME and MSK symptoms due to the physically and emotionally demanding nature of their job. Little is known about the prevalence of ME and MSK symptoms among Educators. This study aims to determine the prevalence of ME and related symptoms among school instructors to develop targeted interventions promoting their health and well-being. To estimate the prevalence of myalgia encephalomyelitis and associated MSK symptoms in educators in Sargodha. Most participants were young (25–30 years old) and female (58.9%). Fatigue and tiredness were common, with ME prevalence of 75.81% experiencing moderate fatigue. The study highlights the need for measures to address these issues through physical activities, workload reduction, and holistic care for educators' well-being.
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