

Glandular Fever

Glandular fever is an infectious disease occurring most commonly in children and adolescents. In children the infection may be unrecognized or with only a few days of a mild illness with sore throat, fever, swollen tonsils. In young adults, the disease is often abrupt in onset with profound tiredness, aching muscles, fever, very swollen tonsils and enlarged neck glands. There may be a short or prolonged period (days or weeks) after the initial illness when the tiredness continues and the patient may feel dispirited and depressed. Glandular fever is sometimes known as infectious mononucleosis and is caused by the Epstein-Barr virus.