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OFFER E-NEWS

December 2014

OFFER E-NEWS is a free monthly newsletter providing information on upcoming education meetings, conferences, and other ME/CFS & FM events or programs that may be of interest. It also includes links to what's new on the OFFER website, help in managing symptoms, information about local researchers looking for participants, and current articles in the news.



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OFFER Education Meeting

"Can ME/CFS and FM Research Help You Sleep?"

Lucinda Bateman, MD

Wednesday, December 3, 2014 at 7:00 p.m.

In 2001 Dr. Bateman founded the Fatigue Consultation Clinic (FCC) in Utah, specializing in the diagnosis, treatment, and study of ME/CFS and FM. She has become an internationally respected expert in the field. The FCC has been recruited to participate in a number of national research projects due to her expertise in this area. Dr. Bateman is a research partner with the University of Utah, CDC, Chronic Fatigue Initiative, Solve ME/CFS Initiative (formerly CFIDS), and major pharmaceuticals such as Pfizer, Lilly and Merck.

Location:

Salt Lake County Complex, North Building, 2001 S. State Street, SLC, UT

Park in the northeast corner of the complex.

To view the remaining 2014 Education Meeting Schedule, [click here](#).

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The Shauna Bateman Horne Clinic

Planting Seeds of Hope for ME/CFS and FM



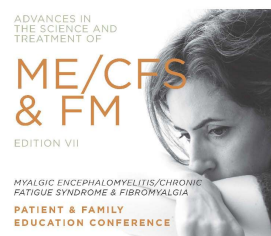
The Organization for Fatigue & Fibromyalgia Education & Research (OFFER) Letter of Intent:

Right now, in the state of Utah alone, there are thousands of people with Chronic Fatigue Syndrome (also called Myalgic Encephalomyelitis or ME/CFS) and Fibromyalgia (FM) who have not been properly diagnosed or offered effective treatments. Unfortunately, many are disabled by their illness. An important reason for the lack of accurate and timely diagnosis and effective treatment is clearly stated on the U.S. Centers for Disease Control and Prevention (CDC) website: "Researchers have not yet identified what causes CFS, and there are no tests to diagnose CFS." "Despite a vigorous search, scientists have not yet identified what causes CFS." ... To read the full letter, please go to <http://www.offerutah.org/sbhcenterofexcellence.html>.

Watch Dr. Lucinda Bateman's initial announcement that OFFER has set the goal of creating a new clinical and research Center of Excellence. The Shauna Bateman Home Clinic for ME/CFS & FM at: <http://offerutah.org/bateman5.17.htm>.

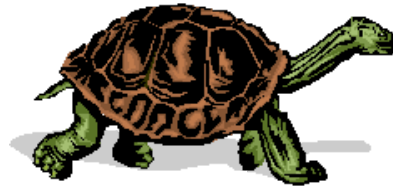
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OFFER Patient & Family Conference



Videos from "Advances in the Science and Treatment of ME/CFS and Fibromyalgia" Edition VII OFFER Provider/Patient & Family Conferences will be posted on the OFFER website and YouTube in the coming weeks.

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"I have been bent and broken, but - I hope - into a better shape."
Author: Charles Dickens

In the News

Woman with fibromyalgia wins EEOC disability discrimination lawsuit

By Lana Bandoim G+

November 4, 2014

EmaxHealth

Go to: <http://www.emaxhealth.com/12410/woman-fibromyalgia-wins-eec-disability-discrimination-lawsuit>

HIV, Heart Disease, Diabetes...and Chronic Fatigue Syndrome? The Unutmax Project to Decode ME/CFS

By Cort Johnson

October 20, 2014

Health Rising

Go to: <http://www.cortjohnson.org/blog/2014/10/20/hiv-heart-disease-diabetes-chronic-fatigue-syndrome-unutmax-project-decode-mecfs/>

Area resident earns scholarship to help people with chronic pain

November 6, 2014

Franklin Lakes - Oakland Suburban News

NorthJersey.com

Go to: <http://www.northjersey.com/news/health-news/area-resident-earns-scholarship-to-help-people-with-chronic-pain-1.1127480>

Patient Harm: The Facts and the Effects of Fibromyalgia Diagnostic Criteria

By Celeste Cooper, RN

November 9, 2014

www.ProHealth.com

Go to: <http://www.prohealth.com/library/showarticle.cfm?libid=19384>

Resting state connectivity correlates with drug and placebo response in fibromyalgia patients

By T. Schmidt-Wilcke, et. al.

September 7, 2014

ScienceDirect

Go to:

<http://www.sciencedirect.com/science/article/pii/S2213158214001430>

Chronic Fatigue Syndrome - very real, highly disturbing medical condition

By Lisa M. Krieger

November 16, 2014

San Jose Mercury News

Go to: http://www.mercurynews.com/ci_26950384/chronic-fatigue-syndrome-very-real-highly-disturbing-medical

Nampa Social Security Attorney Firm Sees New Ruling Helping Those With Chronic Fatigue

Nampa, Idaho
November 19, 2014
PRWEB

Go to: <http://www.prweb.com/releases/2014/11/prweb12311454.htm>

Fibromyalgia: The Overlooked Disease

November 18, 2014
East Texas (KYTX)
Go to: <http://www.cbs19.tv/story/27417485/fibromyalgia-the-overlooked-disease>

D.C. rapper Trip Lee withstands disease, while pastoring at church, releasing album

By David Daniels
November 3, 2014
The Washington Times
Go to: <http://www.washingtontimes.com/news/2014/nov/3/dc-rapper-trip-lee-withstands-disease-while-pastor/>

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New on the OFFER Website: Painless Donating!

Shop at AmazonSmile and Amazon will make a donation to OFFER at no extra cost to you!

Go to: <https://smile.amazon.com/ch/87-0687610>

Shop at your favorite stores through iGive.com and OFFER will receive a donation (usually about 3%) at no extra cost to you!

Go to: <http://www.igive.com/welcome/lp9/cr49.cfm>

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Info Links & Social Media

Management of Fibromyalgia Syndrome: Review of Evidence

Akiko Okifuji and Bradford D. Hare
Published online September 21, 2014
Pain and Therapy
NCBI>Literature>PubMed Central (PMC)
Go to: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4107911/>

Guest Blog: Dr. Peter Rowe - Is The Physical Examination Normal in CFS? Part 1

September 5, 2014
Solve ME/CFS Initiative
Go to: <http://solvecfs.org/quest-blog-dr-peter-rowe-is-the-physical-examination-normal-in-cfs-part-1/>

Guest Blog: Dr. Lary Baldwin on Post-Exertional Debility in ME/CFS

May 14, 2014
Solve ME/CFS Initiative
Go to: <http://solvecfs.org/quest-blog-dr-larry-baldwin-on-post-exertional-debility-in-mecfs/>

Fatigue Consultation Clinic

Lucinda Bateman, M.D., at the Fatigue Consultation Clinic in Salt Lake City, is currently giving new patient priority to adolescents ages 12-17, who have symptoms of fibromyalgia. Please call (801) 359-7400 to initiate a visit. Their website is: <http://www.fcclinic.com>.

OFFER's Webiste

Visit OFFER's website for additional resources to important health information and CFS/FM research studies at: www.offerutah.org under Resources.

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Current Patient Studies

New Research Studies

University of Utah is recruiting females with Fibromyalgia and healthy volunteers for sleep and pain sensitivity study

Researchers in the Department of Anesthesiology are conducting an IRB approved study for females 21-65 years of age that have Fibromyalgia and do not exercise regularly (less than 30 minutes per week). We are also recruiting healthy volunteers that do not have chronic pain and do not exercise regularly. The purpose of this research project is to examine if sleep is related to thermal and ischemic pain sensitivity and cellular aging in women with Fibromyalgia compared to healthy volunteers. After an initial visit, you will monitor your sleep using a wrist watch for seven days then return for a single testing visit where we will evaluate two different methods to test pain tolerance and threshold. **There will be compensation for your time and participation.**

For more information please contact the study coordinator at (801) 581-4232 or e-mail painresearchstudies@hsc.utah.edu
Go to: <http://healthsciences.utah.edu/pain-research-center/studies/pain-and-sleep-study.php>.

The Synergy Trial

A Clinical Trial Investigating a Combination of a CFS Nutrient Formula plus a Currently Available Medication to Treat *Chronic Fatigue Syndrome*

The Fatigue Consultation Clinic is one of four clinics nationally that are participating in this study.

Fatigue Consultation Clinic

Dr. Bateman's Research Team continues to seek research participants. They are currently enrolling in:

- **The Synergy Trial**
- Three drug studies for adolescents with FM
- One drug study for adults with FM
- A number of biomarker studies for patients with CFS.

The link to the FCC Research Department page is: <http://www.fcclinic.com/research.htm>.

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Volunteer

OFFER is always looking for individuals willing to help accomplish our mission statement: to educate, advocate and help fund promising research. OFFER is a volunteer organization and

almost all of us deal with ME/CFS and/or Fibromyalgia on a daily basis. We understand limitations! Many of these jobs can be done from home, using a personal computer with an internet connection. If you have skills you'd like to share, please let us know.

These are some areas where we currently need volunteers:

1. Help with our web presence. Experienced or willing to learn.

- Adobe Flash
- Adobe Dreamweaver
- HTML
- Social Media, including Facebook, YouTube, Google+

2. AV experience. OFFER has the equipment.

- Filming
- Editing

3. Patients, caregivers and clinicians who would be willing to tell their story on video for 10-15 minute segments.

If you would like to volunteer in any of these areas, please go to: <http://www.offerutah.org/volunteer.html>.

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