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E-NEWS

(Formerly OFFER E-NEWS)

May 2015

Bateman Horne Center 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 website, help in managing symptoms, information about local researchers looking for participants, and current articles in the news.



Education Meeting

"Medical Anthropology and What Does it Have to do with My Disease"

Allan Ainsworth, PhD, CEO of the Bateman Horne Center

Wednesday, May 6, 2015 at 7:00 p.m.



Dr. Ainsworth holds a PhD in medical anthropology from the University of Utah. He was the founder and Executive Director of the Fourth Street Clinic, a top ten nationally ranked health care for homeless community health center in Salt Lake City for 24 years. In 2011, Dr. Ainsworth was selected by Ernst & Young as their prestigious Social Entrepreneur of the Year and in October of 2014 the University of Utah School of Medicine Alumni Association recognized Dr. Ainsworth with the Distinguished Humanitarian Award for his commitment and service. He will share his vision of care, advocacy, research, and education for the newly created Bateman Horne Center, which is the merger of OFFER and the Fatigue Consultation Clinic into a non-profit Center of Excellence.

Location:

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

Park in the northeast corner of the complex.

IN THIS ISSUE

- [Education Meeting](#)
- [Bateman Horne Clinic](#)
- [Lunch and Learn](#)
- [In the News](#)
- [OFFER Patient & Family Conference](#)
- [Painless Donating](#)
- [Info Links & Social Media](#)
- [Current Patient Studies](#)
- [Volunteer](#)

E-NEWS QUICK LINKS

- [Conferences](#)
- [Donate](#)
- [E-News Archives](#)
- [Education Meetings](#)
- [E-news Subscriptions](#)
- [OFFER's BLOG: Linda's Corner](#)
- [Volunteer](#)

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To view the remaining 2015 Education Meeting Schedule, [click here](#).

[Back to top](#)

Bateman Horne Center: Update



OFFER, a Utah-based, charitable, 501(c)(3), non-profit organization, conceived and co-founded by Dr. Lucinda Bateman in 2002, is excited to announce that our plan to absorb and expand the Fatigue Consultation Clinic, founded by Dr. Bateman [two years earlier] in 2000, has been initiated, broadening the scope of our non-profit, now named the Bateman Horne Center, to encompass patient care, advocacy, research, and education. OFFER and the Fatigue Consultation Clinic are immediately transitioning to our new name, reflected in our new logo:



Bateman Horne Center

CARE | ADVOCACY | RESEARCH | EDUCATION

The broader goals of this center of excellence, encompassing all that we have been doing for the last 13 years and adding the resources to significantly address the needs of underserved patients for clear diagnoses, state of the art treatment options and robust research capabilities, have been sorely lacking in the state of Utah, as it has in most of the country.

We will continue keep you informed of our rapid progress!

[Back to top](#)

Lunch and Learn

NEW MONTHLY EVENT coordinated by the Bateman Horne Center

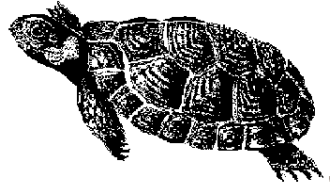
The OFFER Lunch and Learn was held on Wednesday, April 15th, at The Olive Garden at Fashion Place Mall in Murray. Five people were in attendance. Eleven had RSVP'd on Facebook but the spring snowstorm probably kept some at home. The scheduled presenter was ill so a discussion was held about an issue related to either FMS or ME/CFS/SEID each of the attendees had experienced in the last month. Topics included burning feet, brain fog, meditation, biofeedback, yoga for the brain, zentangle, stress and headaches.

The next Lunch and Learn will be Wednesday, May 20th, at 11:30a.m. at the Red Lobster in the Sugar House Shopping Center, 2294 S 1300 E, Salt Lake City, UT 84106.

For the cost of your own lunch (your choice from the menu), you can enjoy camaraderie and the chance to learn from each other. This is an informal way to socialize, eat LUNCH, and LEARN something relating to FM and SEID (formerly ME/CFS).

RSVP: Please RSVP on the "OFFER Utah" Facebook page:
<https://www.facebook.com/OFFERUtah?ref=hl>.

[Back to top](#)



"I am not bound to win but I am bound to be true. I am not bound to succeed, but I am bound to live by the light that I have. I must stand with anybody that stands right and stand with him while he is right, and part with him when he goes wrong."

Author: Abraham Lincoln

In the News

Will SEID Diagnostic Criteria Improve Diagnosis and Treatment?

By Lucinda Bateman, MD

2015 Webinar Series

April 17, 2015

Solve ME/CFS Initiative

<https://www.youtube.com/watch?v=359XmpNBHM8>

Could A Mitochondrial Enhancer Replace Cymbalta in Fibromyalgia?

By Cort Johnson

April 11, 2015

Health Rising

<http://www.cortjohnson.org/blog/2015/04/11/mitochondrial-enhancer-cymbalta-fibromyalgia/>

Simmaron's Spinal Fluid Study Finds Dramatic Differences in Chronic Fatigue Syndrome

Cort Johnson

April 3, 2015

Simmaron Research

<http://simmaronresearch.com/2015/04/spinal-fluid-study-finds-dramatic-differences-chronic-fatigue-syndrome/>

Benefits of Cognitive Behavioral Therapy for Fibromyalgia

Tori Rodriguez, MA, LPC

April 3, 2015

Neurology Advisor

<http://www.neurologyadvisor.com/benefits-cognitive-behavioral-therapy-fibromyalgia/article/407315/>

New Broadway Extravaganza Raises Funds for Chronic Neuro-Immune Disease Awareness Week

Vancouver, BC (PRWEB)

April 23, 2015

PRWeb

<http://www.prweb.com/releases/2015/04/prweb12668366.htm>

Physical Trauma and Infection as Precipitating Factors in Patients with Fibromyalgia

Jiao, Juan MD; Vincent, Ann MD; Cha, Stephen S. MS; Luedtke,

Connie A. RN; Kim, Chul H. MD; Oh, Terry H. MD

April 16, 2015

American Journal of Physical Medicine & Rehabilitation

[http://journals.lww.com/ajpmr/pages/articleviewer.aspx?](http://journals.lww.com/ajpmr/pages/articleviewer.aspx?year=9000&issue=00000&article=99108&type=abstract)

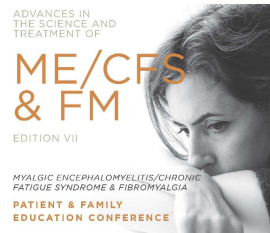
[year=9000&issue=00000&article=99108&type=abstract](http://journals.lww.com/ajpmr/pages/articleviewer.aspx?year=9000&issue=00000&article=99108&type=abstract)

May 12th International ME/CFS & FM Awareness Day

<https://www.facebook.com/may12th.awareness>

[Back to top](#)

OFFER Patient & Family Conference



Some of the videos from "Advances in the Science and Treatment of ME/CFS and Fibromyalgia" Edition VII OFFER Provider/Patient & Family Conferences have been posted on YouTube, with more to follow in the coming weeks.

[Back to top](#)

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>

[Back to top](#)

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/guest-blog-dr-peter-rowe-is-the-physical->

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

May 14, 2014

Solve ME/CFS Initiative

Go to: <http://solvecfs.org/guest-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.

[Back to top](#)

Current Patient 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>.

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>.

