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OFFER E-NEWS

November 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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E-NEWS QUICK LINKS

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OFFER Education Meeting

"Understanding ME/CFS: An Outsider and Caregiver's Perspective"

Jay Turner

Wednesday, November 5, 2014 at 7:00 p.m.

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 Batement 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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"Out of clutter, find simplicity. From discord, find harmony. In the middle of difficulty lies opportunity."
Author: Albert Einstein

In the News

Not just lazy: Chronic fatigue is real, new brain scans show
By Linda Carroll

October 29, 2014
TODAY Health/Today.com
Go to: http://www.www.today.com/health/chronic-fatigue-real-new-brain-scans-show-ID80250083

Assessing Cognitive and Psychomotor Performance in Patients with Fibromyalgia Syndrome
By Sergey Shmygaley, et. al.
October 25, 2014
Pain and Therapy
Go to: http://link.springer.com/article/10.1007/s40122-014-0028-0

Chronic Fatigue: NIH Literature Review Faulted
Miriam E. Tucker
October 17, 2014
Medscape Medical News
Go to: http://www.medscape.com/viewarticle/833428

Fibromyalgia linked to decreased brain connectivity
By Catharine Paddock PhD
October 2, 2014
Medical News Today
Go to: http://www.medicalnewstoday.com/articles/283346.php?utm_source=rss&utm_medium=rss&utm_campaign=medical-news-today-fibromyalgia-linked-to-decreased-brain-connectivity

"End ME/CFS" Mega Chronic Fatigue Syndrome Pro
By Cort Johnson
October 11, 2014
Health Rising
Go to: http://www.cortjohnson.org/blog/2014/10/11/end-mecfs-mega-chronic-fatigue-syndrome-project-begins/

Fibromyalgia: Can Online Cognitive Behavioral Therapy Help?
Gwendoline Menga, DO, MBA, et.al.
2014 Fall
The Ochsner Journal
Go to: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4171792/

Illinois: Top reasons patients seek marijuana are cancer, severe Fibromyalgia, MS
By Robert McCoppin4
October 4, 2014
Chicago Tribune
Go to: http://www.chicagotribune.com/news/local/breaking/chi-top-reasons-medical-marijuana-20141008-story.html

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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/guest-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/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.

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Current Patient Studies

New Research Studies

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. A/V 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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