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E-NEWS

(Formerly OFFER E-NEWS)

October 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.

IN THIS ISSUE

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

E-NEWS QUICK LINKS

- [Donate](#)
- [Education Meetings](#)
- [E-news Subscriptions](#)
- [Volunteer](#)

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Education Meeting

"What hath night to do with sleep when you have ME/CFS?"

**Suzanne D. Vernon, PhD
Research Liaison
Bateman Horne Center**



Wondering about research opportunities that Dr. Suzanne Vernon brings to the Bateman Horne Center? Join us October 7th for a very exciting and informative presentation by Dr. Vernon as she talks about her upcoming research on sleep and ME/CFS.

Suzanne D. Vernon, PhD, is the nation's leading researcher in ME/CFS, having raised millions of dollars for research studies that have resulted in more than 85 research papers and several international presentations to promote research and collaboration. Vernon earned her PhD in virology at the University of Wisconsin, Madison and was awarded a National Science Foundation post-doctoral fellowship at the U.S. Centers for Disease Control and Prevention (CDC). Vernon was appointed a team leader Research Microbiologist and led the ME/CFS laboratory program for 10

years. In 2007, Vernon became the first scientific director for the non-profit patient advocacy organization Solve ME/CFS Initiative.

Wednesday, October 7, 2015 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 2015 Education Meeting Schedule,
[click here.](#)

[Back to top](#)



Our Vision

Combining 40 years of Clinical and Research Experience

Salt Lake City, UT, August 13, 2015 ~ Two of the nation's leading experts on Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) – Bateman Horne Chief Medical Officer Lucinda Bateman, MD and Suzanne D. Vernon, PhD – announce their partnership to quantify diagnostic criteria recommended by the Institute of Medicine (IOM) of the National Academy of Sciences. This partnership combines over 40 years of clinical and research experience dedicated to solving ME/CFS.



[Read full release here](#)

Bateman Horne Center strategic plans include:

- Triple Research Capacity to develop standardized diagnostic tests and bring evidence-based treatments to market.
- Double Patient Capacity because people who suffer from ME/CFS and Fibromyalgia need access to medical care now even as research is developing.
- Mainstream Medical Care through a physician education campaign that moves ME/CFS and Fibromyalgia from the specialty care sector into primary care so that millions of Americans can gain access to affordable and timely diagnoses and treatments.

Give today and support this unprecedented opportunity to advance the medical science and treatment of ME/CFS and Fibromyalgia.

DONATE at: <https://www.batemanhornecenter.org/donate/>

Lunch and Learn

Sponsored by the Bateman Horne Center

The September Lunch and Learn was held at McGrath's Fish House in Sandy, Utah. There were six in attendance including one new person.

Each person introduced themselves with a short synopsis of their illness and an answer to this question: "The seasons are changing. What affect does the changing weather have on you? How do you cope?" The answers included layering, connect with people due to darkness, sleep away the weather-related headaches, carry hand warmers, and "I feel energized when a storm comes in but bad when it leaves."

Bobbie Adsitt presented on the topic of "Coping Tips: A Sharing Discussion." And just like the title, a great discussion was held on coping tips for anger, disappointment, discouragement, guilt, isolation, loneliness, feeling good, happiness, and hope. We even left with some new resources, handouts and a couple of jokes! i.e. "Never criticize someone until you have walked a mile in their shoes. That way, when you criticize them, you'll be a mile away, and you'll have their shoes!"

The next Lunch and Learn will be October 16, the 3rd Wednesday of the month, from 11:30 to 1:30 at Michelangelo's, 3005 Highland Drive, Salt Lake City, Utah.

NOTE: ***We will meet for Lunch and Learn in November.*** Please excuse the scheduling error.

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 ME/CFS and FM.

RSVP: Please RSVP on the "Bateman Horne Center" Facebook page. <https://www.facebook.com/batemanhornecenter>



"The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been kindness, beauty, and truth."

Author: Albert Einstein

In the News

Antibodies to β adrenergic and muscarinic cholinergic receptors in patients with Chronic Fatigue Syndrome

Loebel M, Grabowski P, Heidecke H, Bauer S, Hanitsch LG, Wittke K, Meisel C, Reinke P, Volk HD, Fluge Ø, Mella O, Scheibenbogen

C

Brain Behavior & Immunity 2015 Sep 20
Copyright © 2015. Published by Elsevier Inc.
PubMed

Vitamin D levels linked to chronic, widespread pain in patients with fibromyalgia

Hsaio M-Y, et al. *Pain Phys.*2015;18:E877-E887
September 23, 2015
Healio

Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME): Characteristics of Responders to Rintatolimod

By D. R. Strayer et al.
September 27, 2015
ProHealth.com

Straight Talk on Fibromyalgia

A Top Doctor Explains How to Ease the Pain
By Jennifer Oldham, Special to Lifescript
Published September 1, 2015
Reviewed by Edward C. Geehr, M.D., Lifescript Chief Medical Officer

Activity Pacing Self-Management in Chronic Fatigue Syndrome: A Randomized Controlled Trial

Daphne Kos; Inge van Eupen; Jill Meirte; Deborah Van Cauwenbergh; Greta Moorkens; Mira Meeus; Jo Nijs
September 2015
American Journal of Occupational Therapy

Fibromyalgia in Children: No Medication Required

David D. Sherry, MD
September 08, 2015
© 2015 Children's Hospital of Philadelphia and Medscape

Ian Lipkin Gets ME/CFS Grant – and So Do Others: the NIH Grants of 2015

Published on August 23, 2015
Written by: Cort Johnson
Health Rising

The Prevalence and Characteristics of Fibromyalgia in the 2012 National Health Interview Survey

Walitt B, Nahin RL, Katz RS, Bergman MJ, Wolfe F
PLoS One
September 17, 2015
PubMed

Assessing the prevalence of autoimmune, endocrine, gynecologic, and psychiatric comorbidities in an ethnically diverse cohort of female fibromyalgia patients: does the time from hysterectomy provide a clue?

Brooks L, Hadi J, Amber KT, Weiner M, La Riche CL, Ference T
Journal of Pain Research
August 20, 2015
PubMed

Multidisciplinary rehabilitation treatment versus cognitive behavioural therapy for patients with chronic fatigue syndrome: a randomized controlled trial

Vos-Vromans DC, Smeets RJ, Huijnen IP, Köke AJ, Hitters WM, Rijnders LJ, Pont M, Winkens B, Knottnerus JA
Journal of Internal Medicine
August 26, 2015

Info Links & Social Media

Experiences with Pre-Emptive Rest

Presented by Bruce Campbell

August 31, 2015

Treating Chronic Fatigue Syndrome & Fibromyalgia *An Integrated Approach*

Suzanne's Blog

By Suzanne D. Vernon, PhD, ME Research Czarista

Health Rising

Looking for Answers to Chronic Fatigue Syndrome and Fibromyalgia

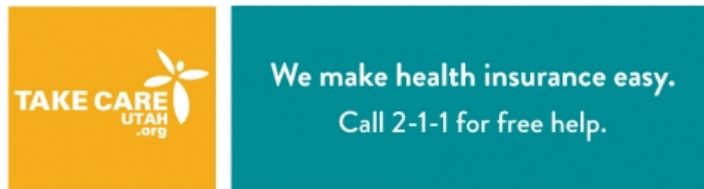
By Cort Johnson

Bateman Horne Center Archive of Selected YouTube Video Presentations

Bateman Horne Center Archive of Selected Google+ Video Presentations

Bateman Horne Center Facebook Home

Bateman Horne Center Twitter Home

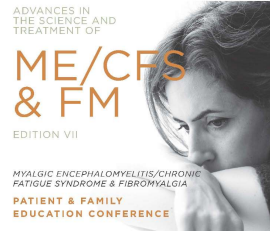


Take Care Utah helps people find and understand their new options for affordable healthcare coverage by connecting them with trained enrollment specialists in their communities and neighborhoods.

Take Care Utah is a partnership between the **Association for Utah Community Health (AUCH)**, the **Utah Health Policy Project (UHPP)**, and the **United Way 2-1-1**. We offer outreach and enrollment assistance to Utah residents across the state. In addition, we provide training and resources to community based organizations that assist Utah's diverse populations and needs.

Go to <http://takecareutah.org/> for more information.

BHC (formerly OFFER) Patient & Family Conference



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

[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 120 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.

Bateman Horne Center

Dr. Bateman's Research Team continues to seek research participants.

[Back to top](#)

Volunteer

BHC (formerly OFFER) is always looking for individuals willing to help accomplish our mission statement: to educate, advocate and help fund promising research. BHC 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. BHC 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: <https://www.batemanhornecenter.org/volunteer/>.

[Back to top](#)

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