

Like

G+1

Share

Tweet

powered by 

Share this Page: 



# Bateman Horne Center

RESEARCH | CLINICAL CARE | EDUCATION

## E-NEWS

(Formerly OFFER E-NEWS)

September 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

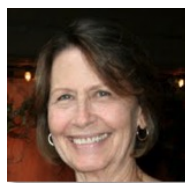
- [Donate](#)
- [Education Meetings](#)
- [E-news Subscriptions](#)
- [Volunteer](#)

If you're having trouble receiving each monthly issue of the E-News, make sure to add [enews@batemanhornecenter.org](mailto:enews@batemanhornecenter.org) to your approved sender list, address book, or white list it. If that doesn't correct the problem, go to the bottom of the homepage at [www.batemanhornecenter.org/](http://www.batemanhornecenter.org/) and resubscribe.

## Education Meeting

### **"Debilitating Illness is Disaster Enough! But What Happens to Those with Disabling Illness When Major Catastrophe Strikes?"**

**Linda Milne**



Linda Milne has a passion for Emergency Preparedness. She also has been living with ME/CFS and Fibromyalgia since 1997. Join us for a very informative evening as Linda discusses the special planning needed for those with debilitating chronic illness in preparing for disasters. Linda has posed the question, "Imagine living in the path of the uncontrollable wildfires that are sweeping the Western US and being told you must evacuate NOW. Are you prepared to do that?"

**Wednesday, September 2, 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.](#)**



## Update/Announcement

### 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/>

### **Bateman Horne Center Website Launch has been Completed**

The new Bateman Horne Center (BHC) website (replacing both the OFFER website and the Fatigue Consultation Clinic website) has been launched at [www.batemanhornecenter.org](http://www.batemanhornecenter.org).

## Lunch and Learn

Sponsored by the Bateman Horne Center

Lunch and Learn was held at the Golden Corral in West Valley City. There were 15 in attendance with 3 couples and one family. Each person introduced themselves with a short synopsis of their illness and an answer to this question: "We are all too familiar with the negative impacts of our illnesses. Is there something positive that your illness brought into your life that you most likely would never have stumbled upon had you remained healthy?" Their comments were truly inspiring.

Jessica Turner presented on the topic of "Laugh till You Cry and Cry till You Laugh: Finding Humor with FM/CFS/ME/SEID." She introduced the subject of gallows humor, which is the idea that only people who have shared traumatic experiences can laugh or joke about those experiences. She shared stories and pictures from her life that shaped her including the people who helped her develop the skill of turning her attitude around in difficult experiences and finding the good in them. She encouraged everyone to be the kind of resilient person who can lift and inspire those around them, even in the face of unbearable difficulties. The group laughed and joked about their different situations. Everyone left with a smile on his or her face!

**The next Lunch and Learn will be September 16, the 3rd Wednesday of the month, from 11:30 to 1:30 at McGrath's Fish House, 10590 South State Street, Sandy, Utah.**

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>

[Back to top](#)



*"The difference between who you are and who you want to be is what you do."*

Author: Zig Ziglar

## In the News

### **The Czarista Has Landed: Vernon and Bateman to Form ME/CFS and FM Center**

By Cort Johnson  
August 14, 2015  
Health Rising

### **Gabapentin Has Therapeutic Benefits in Some Patients With Neuropathic Pain and Fibromyalgia**

By Patricia Silva, Ph.D.  
August 6, 2015  
Fibromyalgia News Today

### **Reinstate Federal Research Funding for ME/CFS**

August 8, 2015  
Solve ME/CFS Initiative

**Lobbyists seek new funds for chronic fatigue syndrome research**

By Emily Underwood  
August 17, 2015  
Science AAAS

**Fibromyalgia – Fighting Back**

By Rosemary Lee  
August 24, 2015  
National Pain Report

**How poetry can empower people living with chronic illness**

BY Corinne Segal  
August 17, 2015  
PBS NEWSHOUR

**Juvenile Fibromyalgia: Intensive Therapy Relieves Pain**

Larry Beresford  
August 25, 2015  
Medscape Medical News

**Jade plans to fight through the pain on 200 mile walk**

August 6, 2015  
Cambrian News Online

[Back to top](#)

## Info Links & Social Media

**Suzanne's Blog**

By Suzanne D. Vernon, PhD, ME Research Czarista

**Health Rising**

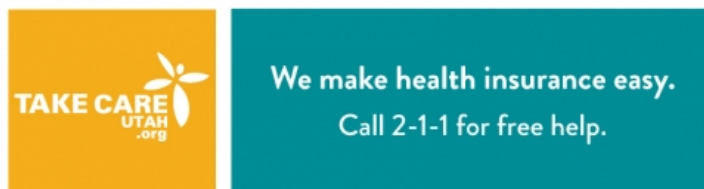
Looking for Answers to Chronic Fatigue Syndrome and Fibromyalgia  
By Cort Johnson

**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**



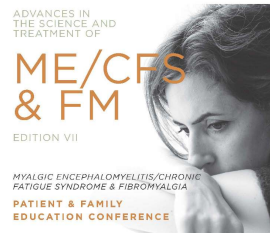
Take Care Utah helps people find and understand their new options for affordable healthcare coverage by connecting them with trained enrollment specialists in their communities and neighborhoods.

**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.

[Back to top](#)

## 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](mailto: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. A/V 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.batemanhorncenter.org/volunteer/>.**

[Back to top](#)

---

Copyright © 2015 Bateman Horne Center. All Rights Reserved.

