



December 1, 2017

ME/CFS and Fibromyalgia

UPDATES AND MANAGEMENT TIPS FOR CLINICIANS

1:00 pm - 5:00 pm

Bateman Horne Center

24 South 1100 East, Suite 205, Salt Lake City, UT

Earn 4 CME | Cost: \$80



"I'm tired all the time."

"This fatigue has lingered on and on. Can't you help me get better?"

"I got sick and I never got better."

Every practitioner has at least one patient like this. You've tried everything, but this patient just cannot improve. Could these vague symptoms be Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS)? This event will help you understand the new ME/CFS criteria so that you can properly diagnose patients who may be suffering from this incapacitating illness. **Dr. Lucinda Bateman, a noted international ME/CFS expert and a member of the IOM committee who designed the new criteria, will give an overview of the criteria along with ideas on how to work with patients to relieve their debilitating symptoms.** She will also demonstrate an inexpensive test to determine orthostatic intolerance, one of the hallmarks of this disease.

FRIDAY, DECEMBER 1, 2017


1:00-2:00	Getting the Right Diagnosis: Differentiating Between ME/CFS and Fibromyalgia
2:00-3:00	Activity Intolerance: Post-Exertional Malaise (PEM) and Cognitive Impairment
3:00-3:15	Break
3:15-3:45	Managing Widespread Pain
3:45-4:15	Getting Restorative Sleep
4:15-5:00	Orthostatic Intolerance Syndromes: The NASA Lean Test




DR. LUCINDA BATEMAN, MD

Dr. Bateman has evaluated and followed more than a thousand patients with chronic fatigue conditions. She co-founded the non-profit, OFFER (The Organization for Fatigue and Fibromyalgia Education and Research) to encourage the sharing of information with patients and medical providers and foster cooperative research efforts aimed at understanding the cause(s) of and developing treatments for ME/CFS and FM. This goal led to the merge of OFFER Utah and the Fatigue Consultation Clinic into the Bateman Horne Center, a clinic, research center, and education center for people with ME/CFS and FM.

REGISTER TODAY!

 For more information, contact Marianne Madsen at mariannem@batemanhorncenter.org

 Register online at http://bit.ly/bhc_cme or call 801-243-3717

This conference will cover:

- The **major presenting features of ME/CFS and fibromyalgia**, how they overlap, and how to diagnose and differentiate between these syndromes
- How **exercise affects those with ME/CFS and fibromyalgia**, including physical capacity, cognitive impairment and pain amplification, based on recent studies
- Strategies to **help patients identify their activity tolerance and relapse threshold** to better prevent and manage physical and mental symptoms
- How **pain is experienced by patients across the illness spectrum** and what interventions help
- How **sleep disturbances affect those with ME/CFS and fibromyalgia** and what interventions help
- How **orthostatic intolerance syndromes**, including POTS, affect patients and strategies to improve symptoms
- How to **effectively perform a bedside test to determine orthostatic intolerance** without using an expensive tilt table procedure

CONTINUING EDUCATION: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Utah Medical Association through the joint providership of the UMA Foundation and the Bateman Horne Center. The UMA Foundation is accredited by the Utah Medical Association to provide continuing medical education for physicians. The UMA Foundation designates this live activity for a maximum of 4.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DISCLOSURES: Individuals involved in the planning or presentation of this activity have no relevant financial relationships with a commercial interest to disclose.