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Bateman Horne Center

RESEARCH | CLINICAL CARE | EDUCATION

E-NEWS

(Formerly OFFER E-NEWS)

August 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.

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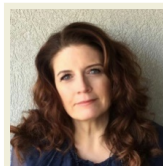
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If you're having trouble receiving each monthly issue of the E-News, make sure to add enews@offerutah.org to your approved sender list, address book, or white list it. If that doesn't correct the problem, [click here](#), or go to www.batemanhornecenter.org/newsletter/,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

Education Meeting

"The Art of Acceptance"

Jill Cook



Join us for an inspirational and visual presentation by artist Jill Cook as she explores the idea that acceptance is an art, not science. Learn how Jill draws energy from using creativity to maintain her individuality as she adjusts to the new realities of living with ME/CFS.

Wednesday, August 5, 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](#).

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Bateman Horne Center: Update/Announcement



Bateman Horne Center, a Utah-based, charitable, 501(c)(3), non-profit organization, formerly called OFFER, conceived and co-founded by Dr. Lucinda Bateman in 2002, is in the process of absorbing and expanding what was formerly called the Fatigue Consultation Clinic, also founded by Dr. Bateman, in 2000. This merger has broadened the scope of our non-profit to encompass research, patient care, and education.

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 Initiated

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. When you try to go to the old OFFER site or the old Fatigue Consultation Clinic site they will take you to the new BHC website.



An important notice to anyone who has attempted to register using the New Patient and Clinical Trial Application at

<https://www.batemanhornecenter.org/new-patient-application/> on the new BHC website! This form has not been storing your input, even though it appears to be doing so. This will be corrected by August 10th. If you have registered on the new site it is unfortunate, but you will have to go through the process again, after August 9th. We apologize greatly for this inconvenience, but we want to ensure that we receive your application.

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Info Links & Social Media



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.

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Lunch and Learn

NEW MONTHLY EVENT coordinated by the Bateman Horne Center

The July 2015 Lunch and Learn was held at the Olive Garden in Sugarhouse. Nine people attended, including one new attendee. Each person gave a short synopsis of their illness and shared something that helps them forget their pain or circumstances, which included: making jewelry, cats, dogs, family, grandchildren, swimming, putting time in my wood shop, community service, gardening, and painting. As each person spoke about their passion their eyes lit up and smiles adorned their faces. Linda Milne presented "Disaster Response Tips for the Chronically Ill and Disabled." Salt Lake County, Utah will be rolling out a new program, called SAFE, in the event of an emergency, i.e. earthquake, etc. Elementary schools will be the evacuation center where community members will gather. Linda outlined the items we need to have in our 96-hour kits. Also we need to let a neighbor or clergy member know that if there is an emergency we will need help. Much more information can be found at Linda's new website <http://preparedtorespond.com/>.

The next Lunch and Learn will be Wednesday, August 19, at 11:30 at the Golden Corral in West Valley City, Utah (3399 West 3500 South). Jessica Turner will be the presenter. Her topic is "Laugh till You Cry and Cry till You Laugh: Finding Humor with FM/CFS/ME/SEID."

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>

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"Accept what is, let go of what was, and have faith in what will be!"
Author: David Avocado Wolfe

In the News

Fluge & Mella's pre-trial study highlights life-changing potential

of rituximab

By Sasha and Simon McGrath

July 1, 2015

Phoenix Rising

<http://phoenixrising.me/archives/26930>

The effects of aquatic, isometric strength-stretching and aerobic exercise on physical and psychological parameters of female patients with fibromyalgia syndrome

By Dilek Sevimli, et.al.

Published online 2015 Jun 30

Journal of Physical Therapy Science

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499983/>

Dear Dr. Collins: I'm Disabled. Can the N.I.H. Spare a Few Dimes?

By Brian Vastag

July 14, 2015

The Last Word On Nothing

<http://www.lastwordonnothing.com/2015/07/14/dear-dr-collins-im-disabled-can-the-n-i-h-spare-a-few-dimes/>

Patriots' Easley Finds Inspiration From Younger Sister's Battle With Fibromyalgia

July 22, 2015

CBS

<http://boston.cbslocal.com/2015/07/22/patriots-easley-finds-inspiration-from-younger-sisters-battle-with-fibromyalgia/>

New HOPE for You and ME

By Rich Carson

July 27, 2015

ProHealth.com

<http://www.prohealth.com/library/showarticle.cfm?libid=20885>

Local Doctor Fighting Fibromyalgia

New sleep study aims to reduce most common symptoms for affected patients

Anna Akins

July 21, 2015

Business in Savannah.com

<http://businessinsavannah.com/bis/2015-07-21/local-doctor-fighting-fibromyalgia>

A Future for European Research into Myalgic Encephalomyelitis

EMERG! The European ME Research Group

July 17, 2015

Invest in ME

<http://www.investinme.org/IIME-Newslet-1507-06.htm>

The 50/10 Guide for Fibromyalgia Mobility

By Sue Ingebretson

July 20, 2015

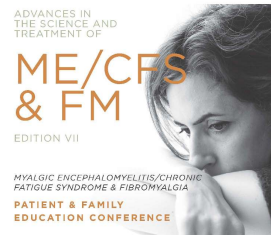
ProHealth.com

<http://www.prohealth.com/library/showarticle.cfm?libid=20812>

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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.

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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.

Bateman Horne Center

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

The link to current studies ongoing in Bateman Horne Center Research Department can be found at:
<https://www.batemanhornecenter.org/current-clinical-trials/>.

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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.batemanhorncenter.org/volunteer/>.

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