

# The Innovative Solution to a Complex Crisis

## Patients in Crisis

Think of the worst flu you've ever had. Now imagine not getting better from it. Rather, your flu-like sickness drags on for years. This is ME/CFS (Myalgic Encephalomyelitis/Chronic Fatigue Syndrome). ME/CFS can be caused by infection and other triggers that cause immune system dysfunction.



**THERE ARE AS MANY AS  
2.5 MILLION PEOPLE  
IN THE U.S. WITH ME/CFS**

Millions of people are missing their lives due to ME/CFS. With no biomarkers or ways to objectively measure ME/CFS, patients are ignored by modern medicine and often disbelieved by doctors, and even their own families, despite an ever-growing evidence base for this disease. Informed and compassionate clinical care is a rarity for ME/CFS patients. These individuals have fallen through the cracks of our healthcare system, lack supportive resources, and are essentially invisible in plain sight.



At least one-quarter of ME/CFS patients are house- or bed-bound at some point in their lives.

Investing in BHC today advances research, setting the standard for evidence-based clinical care that drives early diagnosis, treatment, and improved quality of life for patients everywhere.

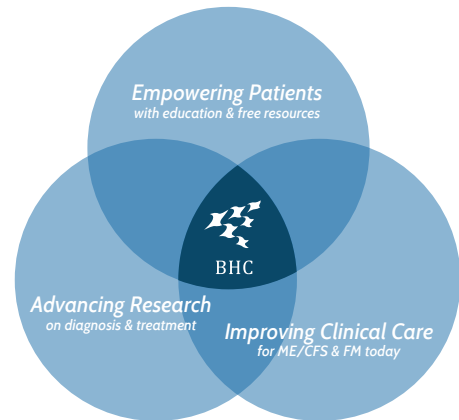
The Bateman Horne Center (BHC) is a unique clinical research center determined to improve the lives of patients everywhere through our unified clinical care and research approach.



## The Turning Point

In 2015 the Institute of Medicine (IOM) published a landmark report proposing criteria and recommending that physicians make the diagnosis of ME/CFS, develop tools to screen patients in a wide array of clinical settings, and update the criteria in 5 years. These criteria need to be widely disseminated and embraced by medical schools, all healthcare providers, and professional organizations.

Between 84 and 91 percent of ME/CFS patients remain undiagnosed.



With our combination of research and clinical care, we are unequalled in our knowledge of ME/CFS. As a 501(c)(3) nonprofit driving the discovery of diagnostic and treatment biomarkers for ME/CFS, we are refining and expanding our three overlapping, complementary, and successful programs: Clinical Care, Clinical Research, and Clinical Education.

Visit:  
[BatemanHorneCenter.org/VoicesofGratitude](http://BatemanHorneCenter.org/VoicesofGratitude)  
to help today

Or Contact:  
[stephanieg@batemanhornecenter.org](mailto:stephanieg@batemanhornecenter.org)  
to start the conversation

## Where Research & Clinical Care Converge

*We leveraged BHC's funding to maximize impact in 2018, including:*

### Clinical Care

*Recruited 2 new physicians; after years of recruitment, BHC now has 3 MDs, 3 Advanced Practice Clinicians, and a Licensed Psychologist PhD.*

*Developed a screening approach to identify and evaluate new-onset ME/CFS patients.*

*Developed management plans to provide to primary care providers of new-onset patients.*

*Incorporated orthostatic and cognitive testing to guide treatment and management.*

### Clinical Research

*Awarded NIH grant as the clinical core to map immune, metabolic, and microbiome profiles in ME/CFS.*

*Awarded NIH grant to develop a simple outpatient test for autonomic function in ME/CFS.*

*Received FDA approval to conduct a clinical trial to investigate CT38 in the treatment of ME/CFS.*

*Distributed blood samples to collaborators at Stanford University, RIKEN, and SerImmune, Inc.*

*Completed enrollment for the CDC's multi-site clinical assessment of CFS.*

*Published 5 papers in peer-reviewed medical and scientific literature.*

### Clinical Education

*Developed and taught multiple Continuing Medical Education classes for healthcare providers.*

*Lectured and consulted at multiple conferences, specialty groups, and federal advisory committees.*

*Produced a 6-part online class series on ME/CFS available for free to patients around the world.*

*Our programs would not be possible without generous support from individuals like you. We have many exciting opportunities now in play for 2019 to sustain our momentum for real change.*

### Funding our Unified Research Model

*Clinical Care cannot be provided in the current healthcare system's model of 10-minute visits; to achieve excellence through the systematic application of evidence-based diagnostic and management criteria requires time and attention. Our model ensures that patients receive an accurate, early diagnosis and a customized management plan.*

*Clinical Research is informed by every patient encounter. This leads to innovative research opportunities through our data collection and patient participation, resulting in clinical trials, development of monitoring and treatment devices, and publication of findings.*

*Clinical Education is the byproduct of our clinical care and research programs, targeting these two audiences:*

- 1. Patients are informed about their illness for better self-management, they are prepared to engage their primary care provider effectively, and they have access to BHC sponsored resources to support their unique situation.*
- 2. Providers are equipped with the tools they need to diagnose and treat ME/CFS through continuing medical education programs and increased use of technology, which expands reach in rural areas and across the country.*

### Your investment in BHC means:

*Clinical Care operations will move to a new revenue model that will allow us to recruit and train new providers expanding our capacity to see all patients regardless of their ability to pay.*

*Clinical Research will expand projects and partnerships with leading academic institutions, biotechnology innovators (SerImmune, electroCore), pharmaceutical companies, and federal agencies; this will drive recognition of diagnostic and treatment biomarkers.*

*Clinical Educational offerings will continue to expand in breadth online for patients and advocates. BHC seeks support to build the first ME/CFS curriculum through Project ECHO (Extension for Community Healthcare Outcomes) to educate providers remotely.*

Your support can improve early diagnosis and drive research discovery to offer renewed hope and quality of life.

Now more than ever, your support matters.

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