

## **[Winter 2020 Newsletter - Quest 126 &nbsp;](#)**

We are pleased to bring you the Winter 2020 newsletter, Quest 126

View the pdf [HERE](#)

In this issue:

- Changing the Approach to ME and FM

□ Why change is needed now

□ Redesigning Health Care

□ Growing Health Research

### □ Ensuring Disability Supports

- Pacing and Management Guide for ME/CFS (by #MEAction)
- Post-Covid study funded
- Chronic Pain and Opioids
- Dr Houghton wins Nobel Prize
- Proposed British guidelines reject useless chronic fatigue syndrome treatments
- You Don't Have to Do It All This 2020 Holiday Season
- Innovative clinical diagnostic test to diagnose myalgic encephalomyelitis (ME)
- Un test diagnostique clinique innovant pour diagnostiquer l'encéphalomyélite myalgique (EM)
- Workshop on Post-Acute Sequelae of COVID-19

## **Fall 2020 – No. 125 &nbsp;**

**In this Issue:**

**Introduction**

**CCHS 2019 data on CFS and FM**

**Information for People Struggling to Recover from COVID-19 5**

**ME/FM Research Update**

**Pointers from your colleagues**

**Speech From the Throne**

## **Special Issue 2020 – No. 124 &nbsp;**

**Quest 124 - COVID Disability Payment**

The Parliament of Canada announced a one-time payment to persons with disabilities. In this

special edition of our Quest newsletter, we provide details of the program and how to apply.

### **In this issue:**

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COVID - Disability Payment

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Email From Carla Qualtrough

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Disability Tax Credit Basics

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Applying for the DTC with ME/FM

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Additional Announcements

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Government Acknowledges Problems

## Quest\_2020

Written by Administrator

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Your Opportunity to Provide Feedback

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How to Apply for the DTC

## Summer 2020 – N o. 123

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ME/FM and Covid-19

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Letter to the Prime Minister

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Feedback from the Community

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### What Next?

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PME/FM-Covid Infosheets from the Bateman Horne Center

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Update from ICanCME Research Network

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Working for you

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Other news in brief

### [Spring 2020 - No. 122](#)

- Raising Awareness From Home
- Federal Government Priorities
- ME in the Education System
- CPP-D Guide 2020 Edition

- Closing the Health Care Gender Gap – ME and FM
- Doctor to Doctor
- Consultation on Chronic Pain
- Consultation sur la douleur
- Update from ICanCME Research Network: Let's stop ME together
- Mise à jour de la part du Réseau canadien de recherche concertée interdisciplinaire sur l'EM :  
« Arrête-MOI si tu peux »

## FM - A Multi-System Illness