

## **ME/CFS PRIMER FOR CLINICAL PRACTITIONERS**

**Our Network received the following important message from Dr. Fred Friedberg, PhD, President, IACFS/ME.**

***Quote:* "Dear Members, Colleagues and All who are interested in Chronic Fatigue Syndrome, On behalf of the board of directors of The International Association for Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (IACFS/ME), I am pleased to announce the release of the ME/CFS Primer for Clinical Practitioners. (ME/CFS and CFS/ME are equivalent terms.) The goal of the Primer is to provide the information necessary for clinicians to understand, diagnose, and manage the symptoms of ME/CFS. The text was developed over two years by the 11-member Primer Committee and externally reviewed by a number of international ME/CFS specialists and advocates.**

**Highlights of the Primer include:**

## **ME/CFS Primer for Clinical Practitioners**

Written by Administrator

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- - **A summary of the pathophysiological effects of ME/CFS to date**
- - **A user-friendly diagnostic worksheet utilizing the Canadian Consensus Criteria**
- - **Straightforward treatment suggestions covering an array of ME/CFS symptoms**
- - **Emphasis on post-exertional malaise and activity management**
- - **Sections on special populations/ problems (e.g. severely affected, pediatric ME/CFS, pregnancy)**

The full Primer document is available on the IACFS/ME website <http://www.iacfsme.org/Portals/0/PDF/PrimerFinal3.pdf>

in a printer-friendly format with a requested donation of \$15 to help continue the work of IACFS/ME. We hope you find the Primer to be a useful adjunct to your practice and a worthy companion to your reference library.

With best regards,

Fred  
Fred Friedberg, PhD  
Chairperson  
Primer Committee "UNQUOTE