Proceedings:
International CFS/ME Research Conference
Saturday and Sunday, October 3 and 4, 1992
Albany, NY

Chronic Fatigue Syndrome

Sponsored by
Albany Medical College Department of Family Practice
American Association for Chronic Fatigue Syndrome
National Institutes of Health
U.S. Centers for Disease Control

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CFIDS/ME (CHRONIC FATIGUE IMMUNE DYSFUNCTION SYNDROME/MYALGIC ENCEPHALOMYELITIS)

Fatigue is the leading diagnostic dilemma in primary practice—estimated at 24% in any clinical population (JAMA 1988). As a non-specific symptom, diagnosis presents a formidable task for the clinician.

Chronic Fatigue Syndrome (CFS). An increasing body of literature indicates a specific chronic illness characterized by fatigue, neurologic and immunologic disorders. CFS/ME is a growing cause of disability worldwide. What is its cause? How do you distinguish it from other diseases?

OBJECTIVES

The two conferences offer extraordinary opportunities for clinicians to meet leading researchers and clinicians, learn about significant advances in the field, make effective diagnoses, and offer current treatment options.

International CFIDS/ME Clinical Conference:
Knowledge of the causes, diagnosis, and treatment of CFS has advanced dramatically in recent years. This conference is designed for physicians and other health professionals, to provide choices for a cost-effective diagnostic workup and up-to-date treatments.

International CFIDS/ME Research Conference:
The first open scientific meeting on CFS utilizing peer review, the conference will provide a forum to discuss new information, shape public policy, and encourage international cooperation.

ACCREDITATION

Albany Medical College is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians.

International CFIDS/ME Clinical Conference:
Albany Medical College designates this continuing medical education activity for 11 credit hours in Category 1 of the Physician's Recognition Award of the American Medical Association. This program has been reviewed and is acceptable for 13 Prescribed Hours by the American Academy of Family Physicians.

International CFIDS/ME Research Conference:
Albany Medical College designates this continuing medical education activity for 12 credit hours in Category 1 of the Physician's Recognition Award of the American Medical Association. This program has been reviewed and is acceptable for 10.25 Prescribed Hours by the American Academy of Family Physicians.

PROGRAM

International CFIDS/ME Clinical Conference
Day 1 - Friday, October 2

8:00 am-9:30 am  Registration (Desk Open to 8:00 pm)
9:30-9:45 am  Welcome & Introductory Remarks
Jeanne Keefe
Alice Frehan, MD

9:45-10:15 am  Historical Perspective & World View:
Clinical & Epidemiological Features
Byron Hyde, MD

What Does Research Tell Us About CFIDS/ME?
An Overview of Key Studies and Relevance to the Clinical Picture
Introductory Remarks: Andrew Lloyd, MBBS, MD, FRACP

10:15-10:45 am  Evidence for a Link with Infectious Agents: Viruses & Retroviruses
Mark Loveless, MD

10:45-11:15 am  The Immune System: Friend & Foe
Nancy Kilmas, MD
Andrew Lloyd, MBBS, MD, FRACP

11:15-11:45 am  Epidemiology Worldwide:
How Common is CFS? Who Gets It?
Walter Gunn, PhD

11:45 am-12:00 pm  Moderated Questions & Answers

12:00-1:00 pm  45-Min. Luncheon Breakout Sessions
Open program choice for all registrants
(Box lunches will be available for purchase)

1- Primary Practice Issues
Jonathan Rest, MD, FAQP, Moderator

Conceptions and Misconceptions about Chronic Fatigue Syndrome
John Renner, MD, FAQP

The Role of Primary Practitioner in Treating CFIDS
Charles Lapp, MD, FAQP

2- Patient Workshop
Applying for and Retaining Disability
Fay Fishman, JD

3- Alternative Therapies:
Acupuncture and Nutritional Approaches - How Effective?
Nancy Trusz, LCSW, Lic. AC
Serafina Corsello, MD

Issues in Diagnosis - Part I
Introductory Remarks: Jonathan Rest, MD

1:00-1:30 pm  A Unifying Model for Clinical & Lab Findings
Anthony Komaroff, MD

1:30-2:00 pm  An Approach to Diagnosis - Adults
Charles W. Lapp, MD

2:00-2:30 pm  An Approach to Diagnosis - Children & Adolescents
David Bell, MD
2:30-3:00 pm  Immunologic Lab Testing: Potential Relevance for Diagnosis in CFIDS
T & B Lymphocyte Testing
James McCoy, PhD
Polymerase Chain Reaction Testing
C. V. Herst, PhD

3:15-3:45 pm  Fibromyalgia and CFS: Overlapping or Exclusive Diagnoses?
Muhammad Yunus, MD

3:45-4:15 pm  Depression vs. CFIDS: The Controversy
Curt Sandman, PhD

4:15-4:30 pm  Moderated Questions & Answers

4:30-6:00 pm  90 Minute Breakout Sessions
Open program choice for all registrants

1- Psychological Assessment and Treatment of CFIDS Patients
(Brief presentations followed by interactive audience/panel discussion)
Introductory Remarks
Reuben Silver, PhD
CFS: Avoiding the "Psychological" vs. "Organic" Trap
George F. Solomon, MD
CFIDS: A Four-Stage Progressive Model
Patricia Fennell, CSW-Psych
The MMPI-2 as an Aid in Diagnosing CFIDS
Linda Miller Iger, PhD

2- Issues for Persons with CFIDS
Mark Iverson, Moderator
Ask the Experts: Physician Panel
Drs. Bell, Goldberg, Goldstein, Lapp, Hyde, Komaroff
Ameglin: A Personal Experience
Kristina Dahl, MD
Americans with Disabilities Act: New Resources and Options
Michelle Banks
Advocacy: Washington Progress Report
Tom Sheridan

3- Towards an Objective Functional Assessment of Disability in CFIDS: Documenting Disability vs. Disease
Fay Fishman, JD, Former
Mark Loveless, MD
Sheila Baslin, PhD

5:30-7:00 pm  Buffet Dinner
Dinner and evening sessions will be held at the Holiday Inn Turl
adjacent to the Marriott

Issues in Diagnosis - Part II: The Brain
Introductory Remarks: Nancy Klimas, MD

7:00-9:15 pm  Toward a Theory of Limbic Encephalopathy
Jay Goldstein, MD
The Making and Unmaking of Memory
Curt Sandman, PhD
Sleep Disorders: Does CFS Have a Unique Footprint?
Cheryl Carlucci, MD
Neuroimaging: The Relevance of SPECT Scans in Diagnosing CFS
Ismael Mena, MD

9:15-9:30 pm  Moderated Question & Answers

International CFIDS/ME Clinical Conference
Day II - Saturday, October 3

8:00-8:30 am Registration (Desk Open to 4:00 pm.)

Treating CFIDS Patients: Current and Forthcoming Options
Introductory Remarks: Byron Hyde, MD

6:00-8:15 am  Therapeutic Intervention in CFS
Based on Molecular Studies
William A. Carter, PhD

8:15-8:45 am  Neuropharmacologic Therapies
Jay Goldstein, MD

8:45-9:15 am  Neuropsychologic Therapies: Cognitive & Behavioral Approaches
Andrew Wilson, MD

9:15-9:45 am  Metabolic & Nutritional Therapies (Including Magnesium)
Leo Galland, MD

9:45-10:15 am  Immunologic Therapies: Ameglin, Kutaprasin, Gamma Globulin,
Transfer Factor
Daniel Peterson, MD

10:15-11:00 am  Primary Care Forum “Ask the Experts”
Byron Hyde, MD, Moderator
Panel: Drs. Bell, Carter, Cheney, Galland,
Goldstein, Klimas, Komaroff, Lapp,
Loveless, Peterson, Wilson, Yunus
International CFS/ME Research Conference

Day I - Saturday, October 3
Posters displayed from noon, October 3 until 5:00 pm, October 4.

8:00 am - 11:00 am
Registration
(Desk Open to 4:00 pm.)

11:00 am
Welcome
Anthony Komaroff, MD

11:15 am - 12:30 pm
Historical Perspective
D.A. Henderson, MD

12:30 - 2:00 pm
Lunch Break/Poster Session

Session I
Epidemiology & Public Policy

Co-Chairs:
Paul Levine, MD
Walter Gunn, PhD
Mark Loveless, MD

2:00 - 2:20 pm
Juvenile Fibromyalgia Syndrome and Chronic Fatigue Syndrome in Adolescents
Bell D; Bell KM; Cheney P

2:20 - 2:40 pm
Neurologic Manifestations of Chronic Fatigue Syndrome: Contemporary Implications of an Historic Perspective
Nathaniel C. Briggs & Paul H. Levine

2:40 - 3:00 pm
Chronic Fatigue Syndrome (CFS) and Sjogrens Syndrome (SS): An Important Etiologic Relationship
Leonard H Calabrese, Mark E. Davis, William S. Wilke

3:00 - 3:20 pm
Estimated Prevalence of Chronic Fatigue Syndrome in Four Surveillance Cities.
Howard Gary, Jr., Michelle Reyes, Keiji Fukuda

3:20 - 3:40 pm
Experience and Results from the Investigation of Three Clusters of Chronic Fatigue Syndrome
Seymour Grufman, Paul H. Levine, Nancy L. Eby, Susan B. Muldoon, Mary S. Huang, Theresa L. Whiteside, Lili Penkower, Ronald B. Herberman

3:40 - 4:00 pm
Prevalence of Chronic Fatigue Syndrome among Nurses
Leonard A. Jason, Stephanie L. Taylor, Sharon Johnson, Stephen Goldston, Doreen Salina and Peter Bishop

Chronic Fatigue Syndrome: The Epidemiologic Importance of a Cluster Definition
Paul H. Levine, Alexis Shelokov, J. Gordon Parish

DISCUSSION

4:00 - 4:20 pm

4:20 - 4:50 pm

4:50 - 5:00 pm

BANQUET AND POSTER SESSION

Day II - Sunday, October 4

8:00 am
Late Registration

8:00 - 9:00 am
Coffee and Muffins in the Poster Area

Session II
Clinical and Multidisciplinary Research

Co-Chairs:
Dedra Buchwald, MD, PhD, Peter Behan, MD
James Jones, MD, Paul Cheney MD, PhD

9:00 - 9:20 pm
Cognitive Appraisals, Coping Strategies Predict and Chronic Fatigue Syndrome Disturbances
Michael H. Antoni, Andrew Brickman, Ann Ima-Fins, Nancy Klimas, Susan Lugendorf, Gail Ironson, Ruth Quillian, Maria Jose Miguez, Flavia van Riel, Robert Morgan, Roberto Patarca, Mary Ann Fletcher

9:20 - 9:40 pm
Laboratory Abnormalities in Patients with the Chronic Fatigue Syndrome
Session III

Clinical Activity and Safety of a Specifically Configured RNA Drug, Poly (I): Poly (C12U) in CFS; A Randomized Controlled Study

Comparison of Psychiatric Characteristics in Chronic Fatigue Syndrome, Multiple Sclerosis and Clinical Depression
Fred Friedberg and Lauren B. Krupp

Acyclovir In Chronic Fatigue Syndrome
Hirohiko Kuratsu, Kouzi Yamagull, Mamoru Takahashi*, Hideo Misaki* and Teruo Kilani

Cytokine Production and "Fatigue" in Response to Exercise in Patients with Chronic Fatigue Syndrome
Andrew Lloyd, Simon Gandevia, Alan Brockman and John Hales

Red Cell Shape Changes after the Induction of Trigger Finger Fatigue by the Repeated Pulling of a Pistol Trigger in Subjects with the Symptoms of ME/CFS. L.O. Simpson & J.C. Murdoch

Sleep Disorders in Patients with Chronic Fatigue
D. Buchwald, R. Pascualy, C. Bombardier, P. Kith

“One Stop Treatment” - A British Fatigue Clinic
Simon Hatcher, Philip Stanley

DISCUSSION

LUNCH BREAK and POSTER SESSION

Co-Chairs:
Jay Levy, MD
Dharam Ablashi, DVM
Nancy Klimas, MD
Andrew Lloyd, MBBS, MD, FRACP

Kutapressin and Ampligen Inhibit In Vitro Infection of Human Herpesvirus 6 (HHV-6)

Studies on Enterovirus in Patients with Postviral Fatigue Syndrome
J.W. Gow, W.M.E. Behan, P.O. Behan

Immunologic Abnormalities Associated with Chronic Fatigue Syndrome
Edward Barker, Sue Fujimura
Alan Landay and Jay A. Levy

Multi-Lab Retrovirus Test Results for CFS Patients from Three Distinct Geographical Areas
Walter J. Gunn, Anthony Komaroff, David B. Connell, David Bell, Susan Levine and Paul Cheney.

Investigation of Retroviral Involvement in Chronic Fatigue Syndrome
Walid Heneine, Toni Woods, Ali Khan, Louisa Chapman, Lawrence Schonberger and Thomas M. Folks

Changes in the Expression Patterns of Soluble Immune Mediators in Association with CFS - Cell Activation in the Chronic Fatigue Syndrome

Biochemical Defects in the 2-5A Synthetase/Rnase L Antiviral Defense Pathway Associated with Chronic Fatigue and Immune Disfunction Syndrome(CFIDS)
Robert J. Suhadolnik, Nancy L. Reichenbach, Patricia Hiltzges, Daniel L. Peterson, Paul Cheney, Patricia Salvato, Mark Loveless, Dharam V. Ablashi, Berch Henry, David Gillespie, David R. Strayer and William A. Carter

Virology and Immunology

1:40-2:00

2:00-2:20

2:20-2:40

2:40-3:00

3:00-3:20

3:20-3:40

3:40-4:00

4:00-4:30

DISCUSSION
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Walter Gunn, PhD  
Mark Loveless, MD

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Paul H. Levine, Alexis Shelokov, J. Gordon Parish

4:20-4:50  
DISCUSSION

4:50-7:00  
BANQUET and KEYNOTE ADDRESS

7:00-9:00 PM  
Banquet and Keynote Address  
Introduction: Nancy Klimas, MD  
Brief Remarks: Alexis Shelokov, MD

Keynote Address  
Public Health Policy and CFS  
Nancy Walker  
Institute for Health Policy  
University of California, San Francisco