



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 CFS/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 CFS/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 I - 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 Keele
Alice Fruehan, 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 Klimas, 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, FAAFP, Moderator

**Conceptions and Misconceptions
about Chronic Fatigue Syndrome**
John Renner, MD, FAAFP

**The Role of Primary Practitioner
in Treating CFIDS**

Charles Lapp, MD, FAAFP

**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

CFIDS: Psychological Assessment and Treatment Issues

Fred Friedberg, PhD

Neuro-Cognitive Effects of CFIDS

Curt Sandman, PhD

Restructuring with Memory and Concentration Losses

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

Ampligen: 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, Moderator

Mark Loveless, MD

Sheila Bastien, PhD

5:30-7:00 pm

Buffet Dinner

Dinner and evening sessions will be held at the Holiday Inn Turt 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 am-8:30 am **Registration** (Desk Open to 4:00 pm.)

Treating CFIDS Patients: Current and Forthcoming Options

Introductory Remarks: Byron Hyde, MD

8:00-8:15 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: Ampligen, Kutapressin, 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 4:00pm.)
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	Neurologic Manifestations of Chronic Fatigue Syndrome: Contemporary Implications of an Historic Perspective <u>Nathaniel C. Briggs</u> & Paul H. Levine
2:40-3:00	Chronic Fatigue Syndrome (CFS) and Sjogrens Syndrome (SS) an Important Etiologic Relationship <u>Leonard H Calabrese</u> , Mark E. Davis, William S. Wilke
3:00-3:20	Estimated Prevalence of Chronic Fatigue Syndrome in Four Surveillance Cities. <u>Howard Gary, Jr.</u> , Michelle Reyes, Keiji Fukuda
3:20-3:40	Experience and Results from the Investigation of Three Clusters of Chronic Fatigue Syndrome <u>Seymour Grufferman</u> , Paul H. Levine, Nancy L.Eby, Susan B. Muldoon, Mary S. Huang, Theresa L. Whiteside, Lili Penkower, Ronald B. Herberman

3:40-4:00

Prevalence of Chronic Fatigue Syndrome among Nurses

Leonard A. Jason, Stephanie L. Taylor, Sharon Johnson, Stephen Goldston, Doreen Salina and Peter Bishop

4:00-4:20

Chronic Fatigue Syndrome: The Epidemiologic Importance of a Cluster Definition

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

4:20-4:50

DISCUSSION

4:50-7:00

BREAK and POSTER SESSION

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

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

Cognitive Appraisals, Coping Strategies Predict and Chronic Fatigue Syndrome Disturbances

Michael H. Antoni, Andrew Brickman, Ann Imia-Fins, Nancy Klimas, Susan Lutgendorf, Gail Ironson, Ruth Quillian, Maria Jose Miguez, Flavia van Riel, Robert Morgan, Roberto Patarca, Mary Ann Fletcher

9:20-9:40

Laboratory Abnormalities in Patients with the Chronic Fatigue Syndrome

DW Bates, D Buchwald, J Lee, T Doolittle, J Kornish, C Rutherford, WH Churchill, P Schur, D Wybenga, J Winkelman, A.L. Komaroff

9:40-10:00 **Clinical Activity and Safety of a Specifically Configured RNA Drug, Poly (I): Poly (C₁₂U) in CFS; A Randomized Controlled Study**
P. Cheney, D.R. Strayer, D.L. Peterson, W.A. Carter, P. Salvato, M.O. Loveless, D. Gillespie, R.J. Suhadolnik, & N. Reichenbach

10:00-10:20 **Comparison of Psychiatric Characteristics in Chronic Fatigue Syndrome, Multiple Sclerosis and Clinical Depression**
Fred Friedberg and Lauren B. Krupp

10:20-10:40 **Acylcarnitine Deficiency in Chronic Fatigue Syndrome**
Hirohiko Kuratsune, Kouzi Yamaguti, Mamoru Takahashi*, Hideo Misaki* and Teruo Kitani

10:40-11:00 **Cytokine Production and "Fatigue" in Response to Exercise in Patients with Chronic Fatigue Syndrome**
Andrew Lloyd, Simon Gandevia, Alan Brockman and John Hales

11:00-11:20 **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. Simonsen & J.C Murdoch

11:20-11:40 **Sleep Disorders in Patients with Chronic Fatigue**
D. Buchwald, R Pascualy, C Bombardier, P Kith

11:40-12:00 **"One Stop Treatment" - A British Fatigue Clinic**
Simon Hatcher, Philip Stanley

12:00-12:30 **DISCUSSION**

12:30-1:40 **LUNCH BREAK and POSTER SESSION**

Session III

Virology and Immunology

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

1:40-2:00 **Kutapressin and Ampligen Inhibit *In Vitro* Infection of Human Herpesvirus 6 (HHV-6)**
D.V. Ablashi, Z. Berneman, C. Lawyer, D.R. Strayer, R.J. Suhadolnik, N.C. Reichenbach, P. Hiltzges, A.L. Komaroff

2:00-2:20 **Studies on Enterovirus in Patients with Postviral Fatigue Syndrome**
J.W. Gow, W.M.E. Behan, P.O. Behan

2:20-2:40 **Immunologic Abnormalities Associated with Chronic Fatigue Syndrome**
Edward Barker, Sue Fujimura
 Alan Landay and Jay A. Levy

2:40-3:00 **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.

3:00-3:20 **Investigation of Retroviral Involvement in Chronic Fatigue Syndrome**
Walid Heneine, Toni Woods, Ali Khan, Louisa Chapman, Lawrence Schonberger and Thomas M. Folks

3:20-3:40 **Changes in the Expression Patterns of Soluble Immune Mediators in Association with CD8+ Cell Activation in the Chronic Fatigue Syndrome**
Patarca, R., Klimas, N. Lutgendorf, S., Albarracin, C., Garcia-Morales, R., Van Reil, F., Antoni, M. and Fletcher, M.A.

3:40-4:00 **Biochemical Defects in the 2-5A Synthetase/Rnase L Antiviral Defense Pathway Associated with Chronic Fatigue and Immune Dysfunction 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

4:00-4:30 **DISCUSSION**



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Walter Gunn, PhD
Mark Loveless, MD

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