# Improving Lives, Continued…

## WPI Grants More Support for Medical Discovery:

The Clinic at WPI will continue to serve patients through Dr. De Meirleir's expert medical practice. The Institute will provide a generous grant to Dr. De Meirleir's medical practice to cover the cost of a nurse practitioner and full-time medical assistant. Adding medical personnel to the doctor's practice will allow more patients to be seen at the Clinic and provide him a greater opportunity for the discovery of more effective treatments. In addition, Dr. De Meirleir will continue his work with the University of Nevada's basic and future clinical trials research programs.

## Long COVID and ME/CFS

Much like ME/ CFS, Long COVID can result in chronic symptoms including profound fatigue, mild cognitive impairment, postural orthostatic tachycardia, disordered sleep, chronic pain, and post-exertional malaise (a worsening of all symptoms after attempting to return to previous levels of activity)

An unexpected result of COVID19 is the occurrence of a new post-acute infectious disease affecting approximately ten to thirty percent of those infected with this virus called post-acute Sars CoV2. Long COVID, as this disease is commonly called, has opened the eyes of the medical community to the biological reality of post-acute infectious illnesses. While we do not want anyone to suffer from COVID or its aftermath, Long COVID may hold the answers to treatment and possibly a cure for those who have been ill with symptomatically similar diseases.

## Why Are We Hopeful?

***Novel medical advances***, in response to acute COVID, have been achieved in a very short period. Monoclonal antibodies and new antiviral medications can keep **COVID19** most patients from developing severe disease. We are anticipating that soon there will be effective treatments for this **post-acute infectious disease and ME/CFS**. In the meantime, it is critical that those who are ill receive compassionate, disease modifying treatments to help alleviate their disabling symptoms. Watch this space for more updates!

## Medical Mission Update:

Because of COVID19, WPI's Medical Director and physician expert, Dr. Kenny De Meirleir, was not allowed to travel to the US. It was during his absence, that we realized that we needed to find a way to help more patients access the medical services that they so desperately need. To achieve this goal, we described the roadblocks to better care that exist

within the medical and patient communities. Next, we identified the steps necessary to overcome those limitations.

We found that **the greatest roadblock to appropriate medical support** is caused by the **lack of access to accurate information** about this disease. Therefore, the greatest progress can be achieved through widespread forms of education.

## Education:

Two years ago, it was decided that those with the most experience with ME were in the best position to inform the greater medical community about the physical consequences of the disease and to describe how to diagnose and treat ME/CFS. Meetings were set up with a small group of ME/CFS medical experts, led by Dr. Lucinda Bateman, who began the process of sharing and refining many years of medical knowledge. The Clinician Coalition, as they call themselves, created recommendations for doctors based on a current understanding of the disease process. They hoped to inspire more doctors to diagnose and treat ME/CFS. Meanwhile, Dr. Bateman agreed to share one of her detailed presentations to help WPI create and disseminate educational booklets to medical doctors. The first of WPI's booklets, ***Treating COVID-19 in Patients with ME/CFS and Severe FM,*** was mailed to hundreds of doctor's offices and to several other ME/CFS organizations. Other informational booklets are being made as part of WPI's "Educate ME" program. They will share practical suggestions to help patients' live better lives within the limitations of their disease.

## Navigator Program:

Our final goal is to create a unique program to help patients access many other essential services. This program is in its earliest stages of development. We will keep you informed as to our progress.

Despite the unusual limitations caused by the worldwide pandemic, **WPI remains committed to improving the lives of those living with ME/CFS and similar complex diseases.** We thank you for your past support of WPI's mission to serve this community and hope that you will give generously in support of our work.

You can join the Institute in this work by donating your time and/or resources to WPI: by visiting us online, at WPInstitute.org or by mailing a check to Whittemore Peterson Institute, 1664 N Virginia St. MS0552, Reno, NV 89557.