

## About the Speakers

**Dr. Lucinda Bateman** is an internist who has limited her practice to CFIDS and fibromyalgia (FM) patients. She is adored by her patients for her thorough approach to their care and her participation in research and education activities in the field. She founded the Organization for Fatigue and Fibromyalgia Education and Research (OFFER) and hosts annual patient and provider conferences that draw large, enthusiastic crowds. Dr. Bateman will share treatment strategies for CFIDS and FM to help participants identify ways to reduce symptoms and improve quality of life.

**Staci Stevens** uses her expertise in exercise physiology to help CFIDS and FM patients change activity patterns to improve function and gain some control over their illness. Staci participates in several CFIDS research studies and has helped establish that the “crash” that follows the “push” has a real, observable biological basis. Staci also serves on the federal advisory committee for CFS. She will talk about energy conservation and ways to balance rest and activity so you can do more of what you want to, even with the limitations CFIDS imposes.

### HOSTED BY:

Northern Virginia CFS/FMS Support Group  
Elly Brosius, Group Leader  
[www.geocities.com/cfsnova](http://www.geocities.com/cfsnova)  
[CFSupport-owner@yahoogroups.com](mailto:CFSupport-owner@yahoogroups.com)  
703-968-9818

### SPONSORED BY:

The CFIDS Association of America  
PO Box 220398, Charlotte, NC 28222-0398  
704-365-2343  
FAX: 704-365-9755  
[www.cfids.org](http://www.cfids.org)  
[cfids@cfids.org](mailto:cfids@cfids.org)

## KNOW MORE CFS Kick-Off Seminar

### DATE

Saturday, June 25, 2005

### LOCATION

Bechtel Conference Center  
1801 Alexander Bell Drive  
Reston, Virginia 20191  
[www.asce-bechtel-center.org/contact/directions.cfm](http://www.asce-bechtel-center.org/contact/directions.cfm)

### TIME

1:00 pm–4:30 pm

### SPEAKERS

Lucinda Bateman, MD  
CFIDS Clinician  
Salt Lake City, Utah  
**“Fatigue, *fatigue* or *fatigue*? Strategies for  
Diagnosing and Managing Fatigue in CFS/FM”**

Staci Stevens, MS  
Exercise Physiologist  
Ripon, California  
**“Activity Management: How to Do More With Less”**

## Registration Information

Tickets are \$15 each; however, to encourage caregivers and supportive friends to attend, a discounted fee of \$12 per person applies to purchases of two or more tickets.

To register:

- call 704-364-0466
- visit [http://www.cfids.org/ecommerce/product\\_info.asp](http://www.cfids.org/ecommerce/product_info.asp)
- or complete the attached registration form and mail it to: The CFIDS Association of America, Inc., PO Box 220398, Charlotte, NC 28222-0398

**KNOW MORE**  
CHRONIC FATIGUE SYNDROME

## Education and Empowerment Seminar Series

THE CFIDS ASSOCIATION OF AMERICA

THE CFIDS ASSOCIATION OF AMERICA  
PO Box 220398  
Charlotte, NC 28222-0398

**KNOW MORE**  
CHRONIC FATIGUE SYNDROME

## KNOW MORE REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Number of Attendees \_\_\_\_\_

### Payment Information:

Check (made payable to the CFIDS Association)

Credit Card:  Visa  Mastercard  
 American Express  Discover

Credit Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

# What is the “KNOW MORE” Education and Empowerment Series?

One day we hope that there will be “no more” CFIDS. Until that day, we believe it’s vitally important for patients, caregivers and clinicians to “know more” about CFIDS. Through this series, the CFIDS Association of America seeks to provide information resources to people with CFIDS, those who care for them and about them, and those who think they might have CFIDS. Working in partnership with local and regional support organizations, the CFIDS Association is sponsoring half-day programs featuring nationally recognized experts in CFIDS research and care. In addition to hearing the latest, most credible information about CFIDS, these programs will provide opportunities to identify local resources and meet others facing some of the same challenges of living with CFIDS. Programs will be hosted around the country, with various speakers covering a wide range of high-interest topics. If you can’t make it to the program, watch it on DVD, available for purchase shortly after the live event.

## RESOURCES AT A GLANCE

The CFIDS Association of America

Web: [www.cfids.org](http://www.cfids.org)

E-mail: [cfids@cfids.org](mailto:cfids@cfids.org)

Resource Line: 704-365-2343

Fax: 704-365-9755

## Other Information Resources

You can access up-to-date, reliable information about CFIDS 24/7 on the Association’s website at [www.cfids.org](http://www.cfids.org). Check out our **What’s New?** section or visit our Grassroots Action Center, both linked to our home page.

Members of the CFIDS Association receive the *CFIDS Chronicle*, a quarterly magazine for patients, and the *CFS Research Review*, a semi-annual newsletter for patients, health care providers and researchers. Get free issues of both by calling our Resource Line at 704-365-2343 or sending a message to [freechron@cfids.org](mailto:freechron@cfids.org). You can begin or renew your membership on the website.

The CFIDS Association also publishes a free monthly electronic newsletter, **CFIDSLink**, providing news updates, personal stories and current events. To sign up for **CFIDSLink**, call the Resource Line or visit <http://www.cfids.org/subscribe.asp> on the Web.

## ABOUT CFIDS

Chronic fatigue and immune dysfunction syndrome (CFIDS), also called chronic fatigue syndrome (CFS), is characterized by unrelenting exhaustion, widespread muscle and joint pain, debilitating cognitive impairment and many other symptoms.

Researchers estimate that at least 800,000 adults and teens nationwide suffer from CFIDS. Women are more likely to get it than men, and it affects people from all walks of life. Twenty years of research has uncovered defects in the immune, endocrine and nervous systems of CFIDS patients, although the cause of CFIDS remains unknown. Current treatment is aimed at symptom relief and improved function.

## ABOUT THE ASSOCIATION

The CFIDS Association of America is the nation’s leading charitable organization dedicated to conquering CFIDS. The Association works to accelerate the pace of CFIDS research, achieve public policy victories for people with CFIDS, and focus mainstream attention on this serious public health concern. Since 1987 the Association has invested over \$15.2 million in CFIDS education, public policy, and research in its efforts to bring an end to the suffering caused by this devastating illness. To learn more about the CFIDS Association of America, visit [www.cfids.org](http://www.cfids.org) or call 704-365-2343.