Summer 2009
Vol. VI, Issue #64

Bergen ME/CFS-FM Support Group Newsletter

September Meeting

The next meeting will be Sunday September 20th 2-4 PM at Englewood Hospital.

SPEAKER: A representative from Englewood Hospital's Complementary Medicine Services will speak on Gentle Yoga, and give an overview of the Complementary Services available to us from Englewood Hospital and Medical Center. Due to scheduling conflicts, the nutritionist originally scheduled for the September meeting has been postponed to our November meeting. The October 18th meeting is canceled to allow members to attend the NJCFSA Fall Conf in Eatontown, NJ.

This positive and uplifting free support group is for people struggling with Chronic Fatigue Syndrome (Myalgic Encephalomyelitis) and Fibromyalgia. Discussions at monthly meetings focus on symptom management and sharing information coping with these chronic illnesses. Coffee, tea and snacks are usually served, and friends and family are welcome! There is no fee to participate and YMCA membership is not required.

Due to attendees with chemical sensitivities, please remember to keep our meetings fragrance free.

Directions:

Going South on Dean Drive: Pass Englewood Hospital on your left; after light at Browne's Terrace, make next left at Hospital Entrance sign;
make next left into Hospital Entrance public parking area;
make left into Outpatient Public Parking;
go to right & park close to building by Hospital Main Entrance;
go to main desk; ask for directions to Berrie Conf Room, very close to main desk. or

Going North on Engle St: Pass through Palisade Avenue traffic light,
go less than 1 mile; pass Chestnut St and go to Hospital Entrance sign on left; follow rest of directions above.

If you have questions about these meetings please contact: Pat LaRosa at pcl.njcfsa@gmail.com Nancy Visocki at ngv.njcfsa@verizon.net, Judy Machacek at judymachacek@msn.com.

ME/CFS is a debilitating and complex illness that is characterized by profound fatigue along with other symptoms of pain and immune system dysfunction. For more information, go to www.NJCFSA.org or call the NJCFSA InfoLine at 888-835-3677.

NEW INITIATIVES IN TREATMENT, DIAGNOSIS, AND DISABILITY FOR CHRONIC FATIGUE SYNDROME (ME/CFS)

ME/CFS CHRONIC FATIGUE SYNDROME CONFERENCE
Sunday, October 18, 2009

NJCFSA Fall 2009 Conference
Cosponsored By Monmouth Medical Center
At Sheraton Eatontown Hotel Conference Center
Eatontown, New Jersey

11:30 –12:30 pm Registration, exhibits and buffet lunch
12:30 – 12:45 pm Kenneth Friedman, PhD, Introduction and Welcome
Malcolm Schwartz, DO, Moderator.
12:45 – 1:45 pm Derek Enlander, MD, MRCS, LRCP, "Treating Chronic Fatigue Syndrome (ME/CFS) and Fibromyalgia by Targeting the Methylation Cycle."
Questions and answers in last 15 minutes.
1:45 – 2:45 pm Susan Levine, MD, FACP, "The Diagnosis of Chronic Fatigue Syndrome (ME/CFS) with Some New Research Insights."
Questions and answers in last 15 minutes.
2:45 – 3:00 pm Coffee, tea, and beverage break
3:00 – 4:00 pm Jason Newfield, Esq. , "Professional Advocacy by Objective Documentation and Active Intervention on Behalf of the Chronic Fatigue Syndrome Patient."
Questions and answers in last 15 minutes.
4:00 - 4:15 pm Presentation of Awards
4:15 - 4:45 pm Question and Answer Panel Session—all speakers.
Monmouth Medical Center relies upon faculty in its CME Program to provide educational information that is objective and as unbiased as possible. In accordance with the nationally accepted guidelines, faculty is asked to indicate any commercial relationship that might be perceived as a real or apparent conflict of interest.

ABOUT NJCFSA
NJCFSA is a non-profit organization that supports patients and their families with the following: HelpLine, website, physician and attorney referrals, current medical information, NJCFSA Journal, support groups, lending library, medical conferences, fundraisers, funding for ME/CFS research, medical school and high school student scholarships, public education, publicity and media coverage, public policy and advocacy.

Please support the activities of NJCFSA by becoming a member

The annual fall conference of the New Jersey Chronic Fatigue Syndrome Association, Inc. (NJCFSA) is co-sponsored by Monmouth Medical Center. It will provide information on Chronic Fatigue Syndrome (ME/CFS) and Fibromyalgia for primary care physicians; specialists in endocrinology, immunology, infectious diseases, and pediatrics; nurses, and other health care providers. ME/CFS/FM patients and their families will benefit from up-to-date information on research and treatment, as well as from an opportunity to network with advocates in the patient and medical communities.

ABOUT THE CONFERENCE

DATE: Sunday, October 18, 2009
TIME: 11:30 am - 4:45 pm
LOCATION: Sheraton Eatontown Hotel Conference Center Eatontown, New Jersey

ADMISSION: Register by October 4th: $35
Register on Conference day: $45
NJCFSA Information Help Line: 888-835-3677Registration includes buffet lunch, program handouts, and free parking. For health considerations, this conference is fragrance-free, smoke-free and pet-free.
Directions to the Sheraton: Garden State Parkway to exit 105, Route 36 East to Route 35 South to Industrial Way East. The Sheraton is 5minutes from the Garden State Parkway exit.

ABOUT THE SPEAKERS

Derek Enlander, MD, MRCS, LRCP, was born in Belfast, Northern Ireland. He graduated medical school at the age of 17 and was offered a fellowship to Stanford University Medical School. He has been Assistant Professor of Medicine at Columbia
University and Associate Director of Nuclear Medicine at New York University (NYU). He became interested in Myalgic Encephalomyelitis (ME/CFS) when it was a virtually unknown illness. Dr. Enlander is presently in private practice in Manhattan specializing in treating those with ME/CFS and Fibromyalgia.
Susan M. Levine, MD, FACP, is a Board Certified Infectious Disease Specialist with a primary interest in Chronic Fatigue Syndrome (ME/CFS) and Fibromyalgia. Dr. Levine was a contributing author to *A Consensus Manual of the Primary Care and*
Management of Chronic Fatigue Syndrome, created by the NJCFSA. She has been involved in several clinical research projects with the US Centers for Disease Control, the NJ Dept. of Health and with various laboratory investigators.
Jason A. Newfield, Esq., is a partner of Frankel and Newfield, P.C., in Garden City, NY. He devotes his practice to disability insurance claims and litigation, including ERISA, private and governmental policies. He has authored numerous articles for medical journals and advocacy groups, including *The CFIDS Chronicle* and *Interstitial Cystitis Newsletter* and is a member of the Chronic Fatigue Syndrome Advisory Committee. Mr. Newfield is admitted to practice law in the states of NY, PA, and CT.
Malcolm Schwartz, DO, FACOP, an Endocrinologist, specializes in the treatment of diabetes, thyroid conditions and hormone
deficiencies in infants, children and adolescents. He diagnoses and treats those with ME/CFS. He holds board certifications in pediatrics and pediatric endocrinology and is an Associate Professor of Pediatrics at The Drexel College of Medicine.

ABOUT CME CREDIT

This activity has been planned and implemented in accordance with the Essential Areas, Standards and Policies of the Medical Society of New Jersey through the joint sponsorship of Monmouth Medical Center and NJCFSA, Inc. Monmouth Medical Center is accredited by the Medical Society of New Jersey to provide continuing medical education for physicians. Monmouth Medical Center designates this educational activity for a maximum of 3.5 *AMA PRA Category 1 Credits*™. Physicians should claim credit commensurate with the extent of their participation in the activity.

Target Audience: Primary Care, Internal Medicine, Infectious Disease, and Endocrinology Physicians. Nurses and other health care providers will benefit.

Objectives: At the completion of this conference, the participants should be able to:

- Discuss how the methylation cycle affects symptoms in Chronic Fatigue Syndrome (ME/CFS) and Fibromyalgia and show how medication targeted to this cycle can help relieve symptoms.
- Evaluate patients complaining of symptoms of Chronic Fatigue Syndrome (ME/CFS) and define how to confirm the diagnosis. --- Review new research on the illness.
- Relate how professional advocacy and intervention can support ME/CFS/FM patients in their applications for disability benefits.

CME participants must preregister for conference and CME credit call Kathy Fiore: 7329236790
CME & conference registration: $95. On conference day, sign in & pick up materials.

ABOUT NURSING CONTACT HOURS

Contact Hours have been applied for through Monmouth Medical Center. Monmouth Medical Center is an approved provider of continuing nursing education by New Jersey State Nurses Association, an accredited approver, by the American Nurses Credentialing Center's Commission on Accreditation. (P91-12/2007-2010)

***CME Credits available for physicians & Nursing Contact Hours have been applied for.**
Call Pat LaRosa: 201-385-4194

NJCFSA Fall 2009 Conference
Registration Form

Please fill out and detach this form / copy form for additional attendees

Conference registration: $35 $ _____
NJCFSA membership: $30 $ _____
(Optional)
TOTAL $ _____

Please make check payable to: **NJCFSA, Inc.**
Your returned check will be your receipt.

Mail check and this form to:

NJCFSA Fall 2009 Conference
P.O. Box 477
Florham Park, NJ 07932

_____
Name

_____
Address

_____
City/State/Zip

_____
Daytime phone

Accommodations at the Sheraton:
To reserve a room at a discounted rate of $129 per night at the Sheraton Eatontown Hotel, please call 732-542-6500 by September 12th and refer to the NJCFSA Fall 2009 Conference.
Other hotels in the area:
Holiday Inn, Tinton Falls 800-HOLIDAY
Red Roof Inn, Tinton Falls 800-REDROOF
Days Inn, Neptune 800-DAYS-INN

About ME/CFS

Chronic Fatigue Syndrome, also known as Myalgic Encephalomyelitis (ME), is a serious, often disabling illness that attacks all body systems. Over 1 million American men, women and children suffer from ME/CFS. As yet, there is no cure, and treatment is aimed at symptom relief. However, promising multi-disciplinary, multi-national research and new technologies are advancing treatments protocols for ME/CFS patients worldwide.

WEATHER – In the event of bad weather, or other emergency, we encourage you to check your email before leaving for Ridgewood. If it has been decide that a meeting will be canceled, an email will be sent via the yahoogroups list. The "Y" will also be notified of the cancellation. The email posting also applies to a cancellation of the First Wednesday of the Month lunch gathering. This is an informal gathering, an opportunity for people to gather and chat with other members.

This newsletter is intended for CFS & FM patients in the area of this support group. The purpose is to share information and support. If you have questions about meetings please contact: Pat LaRosa at pat.njcfsa@larosas.net, Nancy Visocki at ngv.njcfsa@verizon.net, Judy Machacek at judymachacek@msn.com or leave a voice message at the NJCFSA HelpLine 888-835-3677 during business hours.