



Post-exertional Malaise Research Opportunity

Dr. Mark VanNess and I recently visited the National Institutes of Health (NIH) to present our findings on cardiopulmonary exercise testing (CPET) and the importance of the symptom of post-exertional malaise to the NIH ME/CFS Special Interest Group. It was an encouraging trip that resulted in Dr. Brian Walitt, lead investigator of the [ME/CFS Intramural Study](#), extending an invitation to Workwell Foundation to help recruit patients for a focus group on post-exertional malaise. If you are a person diagnosed with ME/CFS and have post-exertional malaise, please consider enrolling in this study. Those of you who have undergone the 2 day CPET and have had an abnormal recovery response know how important it is to identify and characterize the symptom of post-exertional malaise. If you are willing to share your experience with post-exertional malaise, please contact Ms. Barbara Stussman at: stussmanbj@mail.nih.gov or call (301) 496-1788. More information is available in the [Focus Group Recruitment letter](#). Together, let's reach out to NIH and help them understand post-exertional malaise.

With kind regards,

Staci R. Stevens

