

Dr. A. Martin Lerner Treatment Center for CFS Press Release

For Immediate Release

Contact: Ann M. Cavanagh
Dr. A Martin Lerner Treatment Center for CFS
+1 415.990.7150; anncavan@yahoo.com

Diagnostic and Treatment Resource Guide for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Available Online

BEVERLY HILLS, MI – March 20, 2012 New diagnostic and treatment resources for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) physicians and patients are now available online to the public. ME/CFS, a poorly understood illness affects as many as 4 million people in the US alone, by CDC estimates, with a quarter disabled by it. ME/CFS affects more Americans than AIDS, lung cancer and breast cancer combined, yet has few available treatment options or resources for patients and even fewer research dollars available to scientists. Dr. A Martin Lerner, esteemed infectious disease specialist and researcher of the Treatment Center for CFS in Beverly Hills, MI, has made available online a [video presentation](#) of his diagnostic and treatment protocol, a [digital file of the corresponding document presented](#) and a [stand-alone treatment resource guide for ME/CFS](#). They are all found on his website, at treatmentcenterforcfs.com/video

When asked why he produced a video and supplemental documents around his ME/CFS protocol, Lerner responded, "I decided to record the diagnosis and treatment of ME/CFS with its science, for both physicians and patients. There was a need for information that was easy for both communities to follow, clearly outlined for educational and implemental use."

Lerner himself was at one time plagued by ME/CFS. He was his own first patient. Since then, he has seen hundreds of stricken patients. Over the decades, and through much research, he has created the protocol used today - involving the treatment of Epstein Barr Virus, Cytomegalovirus, and Human Herpesvirus 6 singularly or in combination through the use of antiviral pharmaceuticals. In recent years there has been increasing talk of his protocol success, in large part due to the publication of his most recent [case study](#). He published the successful results of 142 ME/CFS patients over the course of treatment lasting as long as 6 years.

A lack of available ME/CFS literate physicians available to ME/CFS patients is universally known within this tight knit community. It is therefore commonly understood, these patients take on the role of educating their doctors on their own illness. It came to the attention of the Treatment Center for CFS that patients have been printing out Lerner's published research and case reviews; bringing these as resources for their doctor appointments, asking their doctor to follow the Lerner protocol. Lerner's most recently shared set of diagnostic and treatment resources is a nod to this practice. It is one more set of resources the patient can share with their treating physician and the treating physician can add to their diagnostic and treatment arsenal.

Tracy Waechter, former medical professional, climber, and community volunteer now housebound with ME/CFS shared, "I am fortunate to have a local physician who supports the diagnosis of ME/CFS. He isn't one to try much outside of the box, but (he) is interested in research-based medicine. I recently presented him with Dr. Lerner's excellent research on the use of antivirals. I greatly appreciate and admire physicians like Dr. Lerner who dedicate themselves to this underserved patient population, and provide patients like me treatment options."

Another common concern in the ME/CFS community is regarding the safety of patients. Antiviral drugs commonly used, while when managed closely have been found to be quite safe, must be monitored. Sharing these diagnostic and protocol guidelines provided another opportunity to remind the treating physicians and their patients just how important it is to closely monitor the treatment process.

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Dr. A. Martin Lerner Treatment Center for CFS
Mailing Address: 32804 Pierce Road, Beverly Hills, MI 48025
tel +1 248.540.9866 fax +1 248.540.0139 www.treatmentcenterforcfs.com

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“Close management by the responsible physician is absolutely necessary. When following the protocol, they must NOT allow for abnormalities that can occur, in liver and kidney levels for example, as highlighted in my research and guidelines,” says Lerner. “But with much care, the results are life-saving, and regularly return ME/CFS patients to a more normal life.”

It is with this hope for all ME/CFS patients, that Dr. Lerner continues his work. At 82-years-young, Lerner continues to see patients five-days-a-week, and to publish groundbreaking science. Most recently his work could be seen in a poster presentation at the annual International Association for CFS/ME Conference in Ottawa, Canada.

When asked what’s next, Lerner replied, “Our research work continues! All of the work in the video has been confirmed by its repeated replication over the past few years.” He then changed gears a bit, to say, “I am hopeful, for the sake of the patients as well as future research, that the science of ME/CFS can soon be accepted to join the total body of our scientific understanding of viral infection.”

The ME/CFS patient and physician community share his enthusiasm and hope. In the meantime, because of Lerner’s commitment to sharing his findings, they have a few more diagnostic and treatment resources at their fingertips.

About Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS)

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), also called Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS), Myalgic Encephalomyelitis (ME) or Chronic Fatigue Syndrome (CFS), affects as many as 4 million people in the US alone, by CDC estimates, with a quarter disabled. It affects more Americans than AIDS, lung cancer and breast cancer combined. Research by the National Chronic Fatigue foundation found CFS sufferers average age of death to be as much as 20 years premature to the average American. It is a multi-symptom disease, affecting the cardiovascular, immune and central nervous system. The most publicized symptom of the disease is the crippling fatigue, with most patients bed-ridden for all but a few short minutes or hours per day. To the naked eye these patients may look healthy, due to the “invisible” nature of the symptoms, many times causing confusion regarding its legitimacy.

About Dr. A. Martin Lerner

Dr. A. Martin Lerner founded the Treatment Center for Chronic Fatigue Syndrome in Beverly Hills, Michigan. An Infectious Diseases specialist who was at one time plagued by ME/CFS, he has committed the past 25 years to the diagnosis and treatment of CFS for patients around the world. In the past 50 years Dr. Lerner has written over [200 peer-reviewed publications](#) spanning many areas of infectious diseases and virology.

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