



1ST INTERNATIONAL CONFERENCE
Clinical and Scientific Advances in
ME/CFS/POST-COVID

The conference will take place at:

FLAD
in Lisbon

LUSO-AMERICAN
DEVELOPMENT
FOUNDATION

Date:

APRIL

03-04

2024



This event, the first in Portugal, will gather leading scientists, clinicians, and international experts to share and discuss the latest biomedical evidence and findings on **Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS)** and the nexus between **Long COVID and ME/CFS**.

ME/CFS remains underrecognized in everyday clinical practice. ME/CFS is a complex condition, often with multiple overlapping comorbidities, and a therapeutic challenge in clinical medicine today given its under diagnosis, poor prognosis, limited therapeutic options, and substantial burden on the health care system.

There is a critical need to accurately diagnose ME/CFS to permit timely implementation of evidence- and guideline-based therapies to improve patient outcomes in Portugal.

The conference is aimed medical professionals and people with ME, their carers, relatives, and allies as well as representatives from politics, research and the media, along with the general public. All symposium presentations, the list of speakers and registration information will be available on the conference website.

The agenda will include:

1. Updates on state-of-the-art diagnostics.
2. Expert contributions on biomedical treatments of underlying disease mechanisms, and most common comorbidities, drawing on latest findings from ongoing research and clinical trials.
3. Post-COVID-19 Syndrome (PCS), Long COVID and its commonalities with ME/CFS.

This conference is organized by:

 People living with ME/CFS

  **myos**
myos.pt The National Association against Fibromyalgia and Chronic Fatigue Syndrome

In partnership with:

 Harvard Medical School
hms.harvard.edu

 ISBE Institute for Evidence Based Health
isbe.research.ulisboa.pt/en/

 Millions Missing Aliança

 NOVA Medical School
nms.unl.pt/en-us/nms

 World ME Alliance
worldmealliance.org/

Among the featured speakers are:



Prof. Dr. **David System**

Scientific co-chair, Co-director of The Ronald G. Tompkins Harvard ME/CFS Collaboration at the Harvard Affiliated Hospitals within the Open Medicine Foundation network; Pulmonary and Critical Care Medicine physician at Brigham and Women's Hospital, Director of the Massachusetts General Hospital Cardiopulmonary laboratory, Assistant Professor of Medicine at Harvard Medical School.



Dr. **Elizabeth Unger**

Chief of the Chronic Viral Diseases Branch in the U.S. Centers for Disease Control and Prevention (CDC) and is responsible for guiding research and public health studies encompassing molecular pathology and epidemiology of human papillomavirus-associated diseases and myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS).



Prof. Dr. **Inderjit Singh**

Assistant Professor; Director Pulmonary Vascular Program, Pulmonary, Critical Care & Sleep Medicine; Associate Program Director, Advanced Fellowship in Pulmonary Vascular Disease, Pulmonary, Critical Care, and Sleep Medicine.



Prof. Dr. **Maureen Hanson**

Molecular biologist and Liberty Hyde Bailey Professor in the Department of Molecular Biology and Genetics at Cornell University in Ithaca, New York, Director of the Center for Energating Neuroimmune Disease at Cornell.



Prof. Dr. **Luis Nacul**

Prof. Dr. Luis Nacul, Clinical Associate Professor and researcher at the London School of Hygiene and Tropical Medicine, Medical Director of the Complex Chronic Diseases Program at British Columbia Women's Hospital in Vancouver, Canada. International Advisor to the Canadian Collaborative Network on ME/CFS and member of the UK NICE Guideline Development Committee.



Dr. **Susan Levine**

Infectious disease clinician working with ME/CFS patients, clinician for the Center for Energating NeuroImmune Disease at Cornell University, New York and is a member of the Working Group which offers their expertise and resources to the ME/CFS Collaborative Research Center at Stanford University.

This union between specialists and patients in the discussion of ME/ CFS is a great source of pride for MYOS. Myos is running a fundraising campaign to help cover the costs of the conference and to make it free to all who wish to attend.

All donations are welcome and will help to give attention to ME/ CFS.

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