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The Myalgic Encephalomyelitis Association of Ontario and the Environmental Health Clinic,
Women's College Hospital Present Our Special Guest Lecturer



Dr. Ellie Stein, MD, FRCP(C)

"Myalgic Encephalomyelitis and Chronic
Fatigue Syndrome: Coping and Hoping"

Wednesday, September 15, 2010, 2 - 4 p.m.,
Women's College Hospital Auditorium, 76 Grenville Street, Toronto

Dr. Stein's talk will be of benefit to patients and practitioners. Her talk will include:

- The evidence that ME/CFS differs from known psychiatric conditions
- How to differentiate depression/anxiety from ME/CFS
- How to manage psychological symptoms in the face of ME/CFS (including the CBT debate)
- How to manage the neuro-cognitive symptoms of ME/CFS (like "brain fog")
- Maintaining hope while waiting for better medical understanding

Dr. Stein is a psychiatrist and psychotherapist who for the past 8 years has been intensively learning and teaching about the management of Chronic Fatigue Syndrome, Fibromyalgia and Multiple Chemical Sensitivity. She runs a small, part-time private practice in Calgary, Canada. Her clinical interest is working in mind-body techniques, combining medical and psychological approaches. Dr. Stein's research includes a study of heart rate variability in ME/CFS and an upcoming study of exercise testing in ME/CFS. Dr. Stein's work is internationally recognized. She was an invited speaker at the 2007 International Association of Chronic Fatigue Syndrome (IACFS) conference in Florida, the 2007 ME Research UK conference in Scotland and the Canadian Chronic Fatigue Syndrome Conference in 2008.

EVERYONE WELCOME! WHEELCHAIR ACCESSIBLE
FRAGRANCE / SCENT FREE ONLY PLEASE
Please do not use hand sanitizers right before entering the event

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