

Having trouble viewing this email? [Click here](#)**WHITTEMORE PETERSON**  
INSTITUTE FOR NEURO-IMMUNE DISEASE**SYNERGY**News from WPI ~ Spring 2012  
Vol.4

Dear Annie,

We hope that you will join in and support WPI's May Awareness Month activities, particularly our health fair on May 12th, as we mark the twentieth anniversary of ME/CFS and Fibromyalgia Awareness Day. We believe that neuro-immune diseases such as these should be recognized over the entire month of May with activities that help educate the public as to the impact of disease and the importance of research and clinical funding.

Despite increases in numbers of those impacted by various neuro-immune diseases including ME/CFS, fibromyalgia, and Gulf War illness, the annual federal research budget is still very low when compared to other similar chronic diseases which receive over 100 million dollars a year in federal research funding. It is imperative that we continue to advocate on behalf of those who suffer from neuro-immune diseases until this group of diseases acquires similar levels of funding if we are to make significant progress. Thankfully, due to private donors like you, there has been an increase in private funding of basic and clinical research, proving that we can make significant progress towards a cure

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**FOLLOW US!**

by all contributing in some way towards this goal.

Many of you believe, as we do, that our first priority should be to create a clearer understanding of the basis of disease, so that we can develop a diagnostic test or battery of tests to identify ME/CFS patients from those with other diseases. Much like MRI scans used in MS and autoimmune blood tests for lupus, biological tests must be based on sound biomedical science to be accepted and used by mainstream medicine. Such medical tools will provide patients with a definitive diagnosis while also paving the way towards effective treatments for the underlying causes of disease. These goals were the impetus behind the creation of the WPI's translational research program and remain WPI's most important mission to this day.

Annette Whittemore  
President and Founder



MAKE A GIFT



JOIN OUR CAUSE

**Cure 4 ME**

[JOIN OUR MAILING LIST](#)

[WPINSTITUTE.ORG](http://WPINSTITUTE.ORG)

## WPI RESEARCH NEWS

### Dr. Ken Hunter Named Chief Scientific Officer

Ken Hunter, Sc.D., recently agreed to serve as Chief Scientific Officer for WPI's research operations. Dr. Hunter, a professor of Microbiology and Immunology at University of Nevada School of Medicine, served as the Vice President of Research for over 11 years. His main areas of interest include immunoregulation in cancer, infectious and autoimmune diseases, biosensors and gene microarray technology. [read more on Dr. Hunter](#)



## ADVOCACY

### Change a Life - Become an Advocate for NID

WPI would like you to join Advocates for Neuro-Immune Disease Awareness (ANIDA)

and help thousands of other Advocates 4 Answers spread the word about the importance of research and treatment for those who suffer from neuro-immune disease (NID). WPI seeks your help in continuing to advocate on behalf of all patients with complex NIDs such as ME/CFS. Sending letters and making phone calls is an important part of every non-profit's advocacy efforts. We need the help of everyone interested in effecting change for NID research. One of the ways you can support this important effort is by writing to your state and federal legislators.

View Advocacy [Letter](#)    View WPI Advocacy [Flyer](#)

## MAY AWARENESS

### May 12th, Intl. ME/CFS/FM Awareness Day \* NID Awareness Month

The term neuro-immune disease (NID) refers to a group of complex multi-symptom diseases characterized by acquired dysregulation of both the immune system and the nervous system. These diseases most often follow an infectious or flu-like illness which does not fully resolve and may result in life long disease and disability. Included in this definition are similarly presenting illnesses such as myalgic encephalomyelitis (ME), chronic fatigue syndrome (CFS), fibromyalgia, post Lyme disease, and Gulf War illness (GWI). NID impacts millions of people worldwide and there is no cure. [learn more about NID...](#)

#### Who Does NID Impact?

- \*Anyone can become ill with a neuro-immune disease
- \*1 in 300 suffers from ME/CFS
- \*1 in 150 suffers from fibromyalgia
- \*1 in 88 children are diagnosed with autism
- \*Lyme disease is a fast growing epidemic (many sufferers develop a chronic illness)
- \*Hundreds of thousands of armed services members have Gulf War illness (GWI)



## REACHING OUT

### Free Women's Health Fair Saturday, May 12th , 9am - 1pm

WPI and the University of Nevada School of Medicine's Student Outreach Clinic are hosting a kick-off day in recognition of the 20th anniversary of May 12th, ME/CFS & Fibromyalgia Awareness Day, and National Women's Health Week. The event will take place Saturday, May 12th from 9 am to 1 pm and is free of admission; with a canned food donation to Food Bank of Northern Nevada encouraged. The Student

Outreach Clinic will offer free blood pressure screenings and pre-diabetes screening. Lectures will be held from 9:30 am to 12:30 pm with talks on Emotional and Mental Well Being, Nutrition, Heart Health, and 7 Steps To "Being" Your Best Self. There will be free five minute massages, door prizes and giveaways with swag bags for the first 150 women. Free demonstrations for yoga, meditation, self defense, and baby boot camp (mom's exercise class with baby). Representatives from the American Heart Association, Susan G. Komen and American Cancer Society will be in attendance. [read more...](#)

**IN RECOGNITION OF**



**national women's health awareness week**



**ME/CFS FIBROMYALGIA**  
INTERNATIONAL AWARENESS DAY  
MAY 12

**JOIN US IN CELEBRATION OF WOMEN'S HEALTH BECAUSE...**

**IT'S YOUR TIME • LIVE YOUR BEST LIFE**



**WHITTEMORE PETERSON**  
INSTITUTE FOR NEURO-IMMUNE DISEASE

**Saturday, May 12, 2012**  
9:00 am until 1:00 pm  
(775) 682-8250 • [wpinstitute.org](http://wpinstitute.org)

**FREE ADMISSION**  
CANNED FOOD DONATIONS TO THE  
FOOD BANK OF NORTHERN NEVADA ARE ENCOURAGED





**HEALTH SCREENING**  
Univ of NV School of Medicine  
Student Outreach Clinic

**GET INFORMED**  
Welcome - 9:15 am  
Nutrition - 9:30 am  
Emotional and Mental Well Being - 10:00 am  
7 Steps to "Being" Your Best Self - 11:00 am  
Heart Health 12:00 pm

**DEMONSTRATIONS**  
Self Defense for Women  
Baby Boot Camp  
Yoga  
Massage  
Restore the Core  
Meditation

**EXHIBITS**



FREE MINI MESSAGES

SWAG BAGS

RAFFLE

DOOR PRIZES

## RESEARCH INNOVATIONS

**Meet the Newest Member of our Clinical Advisory Board (CAB)**

Eric Gordon, M.D., of Gordon Medical Associates, is a family practitioner who specializes in treating patients with chronic illnesses. Dr. Gordon brings 32 years of experience to the CAB, treating chronic illness such as CFS, Lyme, auto-immune disease, autism and chronic pain. Gordon Medical Associates uses advanced alternatives in integrative medicine, blending traditional and alternative medicine with a holistic approach.

[read more...](#)

## HEALTH &amp; WELLNESS

**Yoga and Chronic Illness**

Yoga can help with the symptoms often caused by chronic illnesses. Yoga is a unique system of physical, mental and spiritual self-improvements that people have been using for thousands of years. It is a way of balancing life by uniting body, mind and spirit. It improves circulation and increases energy levels while helping participants get a more restful night's sleep. It can also help to reduce some of the pain that often accompanies chronic illnesses. Yoga is geared to one's own pace, health and activity level.

To find a yoga therapist in your area, [click here](#).



## EVENTS



- [May is NID Awareness Month](#)
- [ME/CFS & FM Intl. Awareness Day - May 12, 2012](#)
- [Women's Health Awareness Week - Kickoff May 12, 2012](#)
- [I Hope You Dance annual benefit gala - September 14, 2012](#)
- [Wings of Hope Run for NID - September 30, 2012](#)

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