



WHITTEMORE PETERSON  
INSTITUTE FOR NEURO-IMMUNE DISEASE

#### UK Pace Trials: When Misguided Doctors Can Do More Harm Than Good

Cognitive Behavioral Therapy, (CBT) and Graded Exercise Therapy (GET) were developed as support therapies for those with primary depression who are otherwise in good health. It is well known that appropriately diagnosed M.E. and CFS patients suffer from physical infectious symptoms including sore throat, lymphadenopathy, low grade fever, night sweats and other flu like symptoms which would make it irrational to even suggest the use of CBT or GET as actual treatments. Just as doctors would never prescribe such treatments for strep throat or Hepatitis C it is irresponsible to suggest these methods would be effective for patients with ME and CFS. In addition, research physiologists have shown that patients suffer from relapses of their illness when forced to exercise against their will or when told to “push through” their illness. Since the WPI’s discovery of the high correlation of a retroviral infection, with those who suffer from neuro-immune diseases, it is even more important that physicians do not harm their patients psychologically by suggesting they are responsible for, or can be talked out of, their illness.

WPI is a translational research institute dedicated to the discovery of the underlying causes of disease and effective treatment for patients with ME and CFS and other similar neuro-immune diseases.