



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 ME and CFS patients suffer with signs, symptoms and laboratory findings consistent with a persistent infection. Although there is a place for psychotherapy and exercise appropriate to severity in any chronic illness, the suggestion that such coping strategies are a substitute for meaningful treatment is an insult to patients. Just as doctors would never prescribe such treatments for HIV, it is irresponsible to suggest these methods would be effective for patients with a serious infectious neuro-immune disease. Research physiologists have clearly shown that exercise can cause an exacerbation of the disease, especially when patients are forced to exercise or when told to “push through” their illness. Since the WPI’s discovery of a high correlation between retroviral infection and neuro-immune diseases, it is unforgivable for physicians to continue to harm their patients psychologically by suggesting they are responsible for, or can be talked out of, being ill.

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.