

5th February 2014

6.30pm

Watershed

Bristol

Details and tickets available from

[www.voicesfromtheshadowsfilm.co.uk](http://www.voicesfromtheshadowsfilm.co.uk)

## Exercise and ME/CFS

*Breakthrough research findings*

Prof Mark VanNess - Dept of Health, Exercise and Sports Sciences, University of the Pacific & Workwell Foundation USA

Dr Nigel Speight - Consultant Paediatrician and medical advisor to many UK ME charities. Young people & ME. What can go wrong?

CURE-ME research team at the London School of

Hygiene & Tropical Medicine - Erinna Bowman

Film - sneak preview of 'Voices from the Shadows'  
30 min version.

Q&A - join patients, carers, researchers and healthcare professionals to ask your own questions.

email: [info@voicesfromtheshadowsfilm.co.uk](mailto:info@voicesfromtheshadowsfilm.co.uk)

“The objective measurements in CPET, including indicators of maximal effort, remove issues of self-reported bias and the question of effort - the test cannot be faked.”

Mark VanNess' main research interest is in the role of the autonomic nervous system in immune dysfunction - with a particular interest in the mechanisms that produce post exertional fatigue.