## MYALGIC ENCEPHALOMYELITIS/CHRONIC FATIGUE SYNDROME (ME/CFS): A COMPLEX & NEGLECTED NEURO-IMMUNOLOGICAL DISEASE

## ME/CFS is a severe, chronic, neuro-immunologic disease.

Often triggered by viral or bacterial infections such as Epstein-Barr virus, enteroviruses, Borrelia burgdorferi, or more recently SARS-CoV-2.

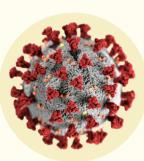
Costs approximately

3 billion CHF annually

Affects about 0.2-1% of the population worldwide



About 10-20% of Long COVID patients meet ME/CFS criteria



Bedridden

**25%** 

ME/CFS

60%

Affected are unable to work



Completely disabling Post-exertional malaise



Cognitive dysfunctions

Pain in muscle & joints

## **Needs**

Establish a comprehensive research platform for ME/CFS in Switzerland

- Formation of expert groups and continuous literature reviews
- Cohort development
- Use the cohort as a platform to conduct initial research projects
- Dissemination, communication, and awareness

- Develop a longitudinal cohort of people with ME/CFS in Switzerland that can support various clinical and epidemiological projects
- Compile an evidence-informed list of potential off-label treatments
- Describe the affected patient population, cluster symptom profiles and clinical trajectories, and perform potential additional research projects as defined by the expert committee
- Ensuring wide dissemination of the findings through educational videos; project outcomes will be presented at the Geneva Health Forum

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