

## **Useful/informative videos on ME:**

Reputable sources of information on ME in video format. In some cases the video selected is part of a series.

Please be patient. With some of the videos it takes a few minutes to really get started into the subject matter.

Very short but clear, concise and intelligent presentation on understanding ME

### **Start Here:**

Dr Mady Hornig--Mailman school of Public Health Columbia University

February 2015

Dr Hornig talks about what medicine knows about ME -- 2mins 14secs

<https://www.youtube.com/watch?v=R2-N2H8s8d4>

### **What is ME**

Dr Kenny de Meirleir

February 2013

Webinar on **Is MEcfs a disease?** -- 8mins 48secs

Interview is in Dutch with English subtitles

[https://www.youtube.com/watch?v=X-uwSxoUqTY&list=PLsQ0FZQ\\_5JXQPVDLmt1EOgOlf2PAg6TFW](https://www.youtube.com/watch?v=X-uwSxoUqTY&list=PLsQ0FZQ_5JXQPVDLmt1EOgOlf2PAg6TFW)

Dr Anthony Komaroff

Stanford school of Medicine

Comprehensive look at the biology of ME -- 1 hour

Start at about the 8 minute mark --body of talk and then questions at the 36min mark

March 2014

[https://www.youtube.com/watch?v=q\\_cnva7zyKM](https://www.youtube.com/watch?v=q_cnva7zyKM)

### **General ME discussion**

Dr Jose Montoya-- Stanford University

March 2011

A broad discussion on ME -- 1h 13mins

<https://www.youtube.com/watch?v=Riybtt6SChU&list=PLmithHG0PEkLR8lps0XQXD1vh1QsywyhD>

### **Why Exercise does not work as a treatment for ME**

Mark Van Ness Workwell Foundation -- 34mins 34sec

March 2014

[https://www.youtube.com/watch?v=q\\_cnva7zyKM](https://www.youtube.com/watch?v=q_cnva7zyKM)

### **The Importance of Rest**

From the Hummingbird Foundation -- 7mins 8sec

June 2012

<https://www.youtube.com/watch?v=0TaGDdlSB4o>

### **Explaining Post-exertional Malaise**

Dr Lily Chu

June 2015

Webinar on Post-exertional Malaise in ME--History, Characteristics, Evidence -- 42mins

<https://www.youtube.com/watch?v=hxJPrkWHcBo>

Dr Peter Rowe

July 2015

Webinar--Post-exertional Malaise--A look at the evidence -- 56mins 20sec

<https://www.youtube.com/watch?v=ux93w7yGQ5g>

### **History and Politics of ME**

Jens Jensen--Journalist

July 2014

Author of the book 'Hidden Away'

Asks: How did ME/cfs wind up as the most controversial disease of our time -- 8mins

Jens digs up some interesting statistics

In Norwegian with English subtitles

[https://www.youtube.com/watch?v=\\_tra5UzLbog](https://www.youtube.com/watch?v=_tra5UzLbog)

### **Treatment discussions**

Llewellyn King -- Host of ME/cfs

December 2012

Interview with Dr John Chia -- 12mins 16sec

Discusses anti viral treatments and describes how his son became ill.

<https://www.youtube.com/watch?v=NhU-G0loqtY>

Dr Nancy Klimas

2011 lecture given in New Zealand

Management of ME -- 1h 26mins

<https://www.youtube.com/watch?v=UMimz3iDk0s>

### **Gene Expression in ME**

Dr Alan Light -- 9mins 44sec

April 2015

<https://www.youtube.com/watch?v=ghUtM44yfm0>

## **Biological Discoveries**

Llewellyn King-- Host of ME/cfs alert and 'The Washington Chronicles'

July 2013

Deborah Waroff (who has ME) Interview with Dr Vince Lombardi Part 1 -- 18 mins

Biological discoveries in the gut biome of people with ME

<https://www.youtube.com/watch?v=wOTTHL-HePs>

## **Personal Stories from people with ME**

It is important to note that for any person newly diagnosed with ME there is a learning curve to really understanding not only the disease they have but also how to communicate to others the experience of that illness. Please keep this in mind when viewing. There is also a spectrum of severity in ME from mild to severe that will affect individual perceptions of the illness.

Stanford University Production

October 2014

ME patient Erin -- 6mins 3sec

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=pvtbsStLQWk&index=1&list=PLDc3vziwpS6I_d_4BjfEIP914FoRaLXaP)

[v=pvtbsStLQWk&index=1&list=PLDc3vziwpS6I\\_d\\_4BjfEIP914FoRaLXaP](https://www.youtube.com/watch?v=pvtbsStLQWk&index=1&list=PLDc3vziwpS6I_d_4BjfEIP914FoRaLXaP)

Mini documentary from Palo Alto Online

July 2015

The story of People with ME -- 11mins 41 sec

[https://www.youtube.com/watch?v=9\\_HwOUilmvw](https://www.youtube.com/watch?v=9_HwOUilmvw)

ME patient Emma Blackery

July 2015

A personal perspective of a young person just diagnosed with ME.

[www.youtube.com/watch?v=ELrn7Ov4H54](http://www.youtube.com/watch?v=ELrn7Ov4H54)

## **Treatment trial**

Dr Olav Mella --Cancer specialist University of Haukeland Norway

May 2014

Talks about the Rituximab drug trial and the future of ME research 9mins 12sec

Dialogue is in Norwegian with English subtitles

<https://www.youtube.com/watch?v=Yw7VlyFNH50>

## **Looking into the future**

Dr Alan Light

May 2015

The future of ME research 4mins 15sec

[https://www.youtube.com/watch?v=Cl\\_nglgzglc](https://www.youtube.com/watch?v=Cl_nglgzglc)

## **Postural Orthostatic Tachycardia Syndrome (POTS)**

Dr F Visser

November 2013

In Dutch with English subtitles 11mins 40sec

<https://www.youtube.com/watch?v=cQwLrzYee40>

Dr F Visser

November 2013

ME/cfs and blood flow in the brain 11mins 42sec

In Dutch with English subtitles

<https://www.youtube.com/watch?v=L72TfSufnww>

## **ME Documentary trailers**

Canary in a Coalmine preview 6mins 16sec

Jen Brea

October 2013

<https://www.youtube.com/watch?v=L72TfSufnww>

Forgotten Plague -- 2mins 17sec

Ryan Prior

2015

<https://www.youtube.com/watch?v=VsQcmKT3zSo>

Personal Note on compiling these videos:

There are a series of really excellent videos by the Dutch patient group WvP. As a person with ME I found it difficult to follow these because of the sometimes rapid delivery and because of subtitles. However, I have included a few of these since the videos are directed primarily at those who do not have ME and they covered subject matter I wanted included. If you find other videos by the same group I suspect they may also be of help in understanding aspects of ME.

Llewelyn King a great champion for PWME has so many videos I couldn't possibly screen through them all, at least not in a timely manner.

As well there were a few videos with possibly helpful information but the quality was not very good, too much ambient noise in the background. SolveCFS also is a video series.