

## **Studien, die die Schädlichkeit von körperlichem Training bei ME/CFS belegen:**

**Aus:** [www.cfs-aktuell.de/februar12\\_7.htm](http://www.cfs-aktuell.de/februar12_7.htm)

### **2012**

Differences in Metabolite-Detecting, Adrenergic, and Immune Gene Expression After Moderate Exercise in Patients With Chronic Fatigue Syndrome, Patients With Multiple Sclerosis, and Healthy Controls, Andrea T. White, Alan R. Light, Ronald W. Hughen, Tomothy A. VanHaitsma, Kathleen C. Light

<http://www.psychosomaticmedicine.org/content/early/2011/12/07/PSY.0b013e31824152ed.abstract>

### **2011**

Tom Kindlon, Reporting of Harms Associated with Graded Exercise Therapy and Cognitive Behavioural Therapy in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome

<http://www.iacfsme.org/BULLETINFALL2011/Fall2011KindlonHarmsPaperABSTRACT/tabid/501/Default.aspx>

### **2011**

Montserrat Núñez, Joaquim Fernández-Solà, Esther Nuñez, José-Manuel Fernández-Huerta, Teresa Godás-Sieso and Esther Gomez-Gil

Health-related quality of life in patients with chronic fatigue syndrome: group cognitive behavioural therapy and graded exercise versus usual treatment. A randomised controlled trial with 1 year of follow-up. <http://www.ncbi.nlm.nih.gov/pubmed/21234629>

### **2011**

Davenport TE, Stevens SR, Baroni K, Van Ness M, Snell CR. Diagnostic accuracy of symptoms characterising chronic fatigue syndrome. Disabil Rehabil. 2011 Jan 6. PMID: 21208154

<http://informahealthcare.com/doi/abs/10.3109/09638288.2010.546936>

### **2010**

VanNess JM, Stevens SR, Bateman L, Stiles TL, Snell CR. Postexertional malaise in women with chronic fatigue syndrome. J Womens Health (Larchmt). 2010;19:239-44. <http://online.liebertpub.com/doi/abs/10.1089/jwh.2009.1507> Siehe auch deutschsprachigen Bericht auf [http://www.cfs-aktuell.de/februar10\\_1.htm](http://www.cfs-aktuell.de/februar10_1.htm)

### **2010**

T. Davenport, S. Stevens, K. Baroni, H. Singh, K. Kumasaka, C. Snell, D. Peterson, J.M. VanNess. Subjective Responses to a Repeated Maximal Exercise Test Paradigm in Individuals with Chronic Fatigue Syndrome and Non-Disabled Individuals. American Physical Therapy Association Combined Sections Meeting, San Diego, February, 2010.

### **2010**

White AT, Light AR, Hughen RW, et al. Severity of symptom flare after moderate exercise is linked to cytokine activity in chronic fatigue syndrome. Psychophysiology.

2010;474:615-24 <http://onlinelibrary.wiley.com/doi/10.1111/j.1469-8986.2010.00978.x/abstract>

### **2010**

Jones DEJ, Hollingsworth KG, Taylor R, Blamire AM, Newton JL (From the Institute of Cellular Medicine, Newcastle Magnetic Resonance Centre, and Institute for Ageing and Health, Newcastle University, UK). [Abnormalities in pH handling by peripheral muscle and potential regulation by the autonomic nervous system in chronic fatigue syndrome.](#) J

Intern Med 2010; 267: 394-401. Siehe deutschsprachigen Bericht auf [http://www.cfs-aktuell.de/april10\\_4.htm](http://www.cfs-aktuell.de/april10_4.htm)

## 2010

Michael Maes, Frank N.M. Twisk. Treatment of myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), a multisystem disease, should target the pathophysiological aberrations (inflammatory and oxidative and nitrosative stress pathways), not the psychosocial "barriers" for a new equilibrium. Patient Educ Couns. Available online 19 March 2010. doi: 10.1016/j.pec.2010.02.017. <http://www.pec-journal.com/article/S0738-3991%2810%2900051-0/abstract> Siehe deutschsprachigen Bericht auf [http://www.cfs-aktuell.de/april10\\_4.htm](http://www.cfs-aktuell.de/april10_4.htm)

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Vermeulen RC, Kurk RM, Visser FC, Sluiter W, Scholte HR. Patients with chronic fatigue syndrome performed worse than controls in a controlled repeated exercise study despite a normal oxidative phosphorylation capacity. J Transl Med. 2010 Oct 11;8:93. 20937116 <http://www.translational-medicine.com/content/8/1/93>

## 2010

Nijs J, Van Oosterwijck J, Meeus M, Lambrecht L, Metzger K, Frémont M, Paul L. Unravelling the nature of postexertional malaise in myalgic encephalomyelitis/chronic fatigue syndrome: the role of elastase, complement C4a and interleukin-1beta. J Intern Med. 2010 Apr;267(4):418-35. PMID: 20433584 <http://www.ncbi.nlm.nih.gov/pubmed/20433584>

## 2009

Twisk FNM, Maes M: A review on cognitive behavioral therapy (CBT) and graded exercise therapy (GET) in myalgic encephalomyelitis (ME)/chronic fatigue syndrome (CFS): CBT/GET is not only ineffective and not evidence-based, but also potentially harmful for many patients with ME/CFS. Neuroendocrinol Lett 2009; 30: 284-299 <http://www.ncbi.nlm.nih.gov/pubmed/19855350> Siehe auch deutschsprachigen Bericht auf [http://www.cfs-aktuell.de/januar10\\_1.htm](http://www.cfs-aktuell.de/januar10_1.htm)

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Michael Maes, Frank NM Twisk: Chronic Fatigue Syndrome: La Bete Noire of the Belgian Health Care System – Source: NeuroEndocrinology Letters, Aug 26, 2009 <http://www.ncbi.nlm.nih.gov/pubmed/19855351> Siehe auch deutschsprachigen Bericht auf [http://www.cfs-aktuell.de/januar10\\_1.htm](http://www.cfs-aktuell.de/januar10_1.htm)

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[Maes M, Twisk FN](#). Why myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) may kill you: disorders in the inflammatory and oxidative and nitrosative stress (IO&NS) pathways may explain cardiovascular disorders in ME/CFS. [Neuro Endocrinol Lett](#). 2009 Dec 30;30(6). <http://www.ncbi.nlm.nih.gov/pubmed/20038921> Siehe auch deutschsprachigen Bericht auf [http://www.cfs-aktuell.de/januar10\\_1.htm](http://www.cfs-aktuell.de/januar10_1.htm)

## 2009

Moderate Exercise Increases Expression for Sensory, Adrenergic, and Immune Genes in Chronic Fatigue Syndrome Patients But Not in Normal Subjects, an R. Light, Andrea T. White, Ronald W. Hughen, and Kathleen C. Light <http://www.jpain.org/article/PIIS1526590009005744/abstract?rss=yes>

## 2009

Chronic fatigue syndrome combines increased exercise induced oxidative stress and reduced cytokine and Hsp responses, Y. Jammes, J. G. Steinberg, S. Delliaux & F. Bregeon <http://www.co-cure.org/Jammes.pdf>

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Int J Clin Exp Med (2009) 2, 1-16 [www.ijcem.com/IJCEM812001](http://www.ijcem.com/IJCEM812001) Chronic fatigue syndrome and mitochondrial dysfunction, Sarah Myhill, Norman E. Booth, John McLaren-Howard <http://www.co-cure.org/Myhill.pdf>

## 2009

Sarah Myhill, CFS - The Central Cause: Mitochondrial Failure, deutsche Übersetzung auf: [http://www.cfs-aktuell.de/februar09\\_1.htm](http://www.cfs-aktuell.de/februar09_1.htm)

## 2008

Prefrontal cortex oxygenation during incremental exercise in chronic fatigue syndrome, J. Patrick Neary, Andy D. W. Roberts, Nina Leavins, Michael F. Harrison, James C. Croll and James R. Sexsmith <http://www.co-cure.org/Neary.pdf>

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Pierce S, Pierce PW. The Physiology of Exercise Intolerance in Patients with Myalgic Encephalomyelitis (ME) and the Utility of Graded Exercise Therapy. Journal of IiME. 2008;2(2):55-60  
<http://www.investinme.org/Documents/PDFdocuments/The%20physiology%20of%20exercise%20intolerance%20in%20patients%20with%20myalgic%20encephalomyelitis.doc>

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David Bell, ME/CFS als Mitochondrienerkrankung, und Review of the Two-day Exercise Test with a Pediatric Case Report, deutschsprachig unter [http://www.cfs-aktuell.de/februar09\\_4.htm](http://www.cfs-aktuell.de/februar09_4.htm)

## 2007

VanNess, MJ, Snell CR, Stevens SR, Stiles TL. Metabolic and Neurocognitive Responses to an Exercise Challenge in Chronic Fatigue Syndrome (CFS). Med Sci Sports Exerc. 2007;39 (5 Suppl):S445. Siehe auch hier: [http://www.cfs-aktuell.de/juli07\\_1.htm](http://www.cfs-aktuell.de/juli07_1.htm)

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M.E. Ciccolella, CR Snell, SR Stevens, TL Stiles, J.M VanNess. Chronic fatigue syndrome and the abnormal exercise stress test International Association for CFS, January, 2007  
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<http://jap.physiology.org/content/early/2007/05/10/jappphysiol.00225.2007.full.pdf>

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## 2007

Verschiedene Studien, die eine Symptomverstärkung bei CFS durch körperliche Belastung belegen unter: [http://www.cfs-aktuell.de/juli07\\_1.htm](http://www.cfs-aktuell.de/juli07_1.htm)

### Studie 1

Post-exertional Symptomology In Chronic Fatigue Syndrome (CFS), Stiles, Travis L.; Snell, Christopher R.; Stevens, Staci R.; Moran, Megan; VanNess, J. Mark, Medicine & Science in Sports & Exercise: Volume 39(5) Supplement May 2007p S445

### Studie 2

[Metabolic And Neurocognitive Responses To An Exercise Challenge In Chronic Fatigue Syndrome \(CFS\)](#) VanNess, J. Mark; Snell, Christopher R.; Stevens, Staci R.; Stiles, Travis L., Medicine & Science in Sports & Exercise: Volume 39(5) Supplement May 2007p S445, University of the Pacific, Stockton, CA. Email: [mvanness@pacific.edu](mailto:mvanness@pacific.edu)

### Studie 3

Physiological Responses to Arm and Leg Exercise in Woman Patients with Chronic Fatigue Syndrome. Javierre, Casimiro et al. , Journal of Chronic Fatigue Syndrome, Vol 14 (1) 2007 <http://jdfs.haworthpress.com>

### Studie 4

A Standardized Test for Postexertional Malaise in CFS, Ruud C.W. Vermeulen MD PhD, Ruud M. Kurk MD and Hans R. Scholte PhD, Chronic Pain and Fatigue Center Amsterdam, Waalstraat 25-31, 1078 BR Amsterdam, The Netherlands (Posterpräsentation auf der [8. Internationalen IACFS-Konferenz](#), Januar 2007, Zitat aus dem Konferenzreader)

### Studie 5

Post-Exertional Malaise Following an Exercise Challenge, Staci R. Stevens, Christopher R. Snell, Lucinda Bateman, Travis L. Stiles and J. Mark VanNess. Pacific Fatigue Lab, University of the Pacific, Stockton, CA; Workwell Foundation and The Fatigue Consultation Clinic, Salt Lake City, UT. (Posterpräsentation auf der [8. Internationalen IACFS-Konferenz](#), Januar 2007, Zitat aus dem Konferenzreader)

### Studie 6

Chronic Fatigue Syndrome and the Abnormal Exercise Stress Test, Margaret Ciccolella, Christopher R. Snell, Staci R. Stevens, Travis Stiles, J. Mark VanNess. Pacific Fatigue Lab, University of the Pacific, Stockton, CA. and the Workwell Foundation. (Posterpräsentation auf der [8. Internationalen IACFS-Konferenz](#), Januar 2007)

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Zahlreiche weitere Artikel dieser Forschergruppe finden Sie hier:

<http://www.pacific.edu/Documents/school-college/sports-sciences/J.M.%20VanNess%20Vitae,9-09.doc>

## 2005

Chronic fatigue syndrome: assessment of increased oxidative stress and altered muscle excitability in response to incremental exercise. *Journal: J Intern Med.*, 2005 Mar;257(3):299-310.

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Muscle metabolism with blood flow restriction in chronic fatigue syndrome, Kevin K. McCully, Sinclair Smith, Sheeva Rajaei, John S. Leigh, Jr., and Benjamin H. Natelson *Appl Physiol* 96: 871-878, 2004. doi:10.1152/jappphysiol.00141.2003 8750-7587/04 <http://jap.physiology.org/content/96/3/871.full.pdf+html?ck=nck>

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Paul L, Wood L, Behan WM, Maclaren WM. Demonstration of delayed recovery from fatiguing exercise in chronic fatigue syndrome. *Eur J Neurol*. 1999;6:63-9 <http://www.name-us.org/ResearchPages/ResearchArticlesAbstracts/MitoArticles/Wood1999DelayRecovery.pdf>