

## HEC24083: "Bottom-up": linking the gut microbiota, immune system and metabolism in ME/CFS

Researchers at La Trobe University and Walter and Eliza Hall Institute of Medical Research are seeking volunteer research participants to be involved in a study about Myalgic Encephalomyelitis (ME), often referred to as Chronic Fatigue Syndrome (CFS). By comparing people with and without ME/CFS, this study aims to understand relationships between the immune system, intestinal microorganisms and energy metabolism in people with ME/CFS. The outcomes of this study are hoped to contribute towards identifying candidates for the first diagnostic tests and treatments for the disease.

### You may qualify if you

- Are over 18 years of age.
- **Either:** have a confirmed case of ME/CFS according to the International Consensus Criteria (criteria provided upon request)  
**OR** are a healthy volunteer with no known personal or family history of fatiguing, musculoskeletal, neurological, or immunological disease (including ME/CFS).
- Are not pregnant.
- Do not use drugs.

### Participation involves

If you decide to take part in the research, you would be asked to:

- Fill out a short series of questionnaires at home.
- Donate a stool sample.
- Donate approximately 40 mL of blood at either a Dorevitch Pathology collection centre, La Trobe University, or during a home visit for severely ill participants.
- ME/CFS participants who are not severe enough to prevent an attempt to do a) a 20-minute standing test for post-orthostatic tachycardia and b) a handheld dynamometer hand-grip strength test will be offered the option to do these tests.

The total anticipated time commitment is forty minutes to one hour.

Your decision to participate in research is voluntary.

### Reimbursement for participation

You may be reimbursed for any reasonable travel, parking, meals and other expenses associated with the research study visit/s (One \$20 Coles grocery card available per participant).

### For More Information

If you would like more information or are interested in being part of the study, please contact:

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