

Research over the years on the Chronic Fatigue Syndrome/Chronic Fatigue and Immune Dysfunction Syndrome/ Myalgic Encephalopathy (CFS/CFIDS/ME) and Fibromyalgia (FM) has often darted off in many different directions, with some findings thought to be quite solid and promising, while others seemed more contradictory.

Nevertheless, progress is slowly but surely being made in the research of these illnesses. It can be stated, with much more certainty, encouragement and hope than ever before, that the complex nature of these illnesses is being better understood through current research trends. The better the understanding of the illnesses, the more promise of effective treatments.

Research will be closely followed and updated by Massachusetts CFIDS/ME & FM Association as new studies and recommendations emerge from upcoming conferences and symposiums on CFS/CFIDS/ME and FM and related issues. Meanwhile, a collection of reviews and reports by leading clinicians and researchers is included in this section to help provide an overview about scientific findings to date.

[*Mitochondrial dysfunction, post-exertional malaise and CFS/ME*](#) by Lucy Dechéne, PhD
The goal of this article is to explain the role of mitochondrial function in CFS/ME because this tends to be overlooked or not well understood. This is especially relevant for those patients who experience "post-exertional malaise."

[*The Latest Research on CFS*](#) by Dr. Anthony Komaroff

The video of Dr. Komaroff's lecture to the Massachusetts CFIDS/ME & FM Association, April 2010. There is also a [written summary](#) of the lecture.

[*Progress Report on Chronic Fatigue Syndrome Research - 2008*](#) by Dr. Anthony Komaroff

A synopsis by Dr. Anthony Komaroff on the biology of CFS/CFIDS/ME.

[*Update on Chronic Fatigue Syndrome and Fibromyalgia - From Research to Management*](#) by

Dr. Nancy Klimas

A summary of Dr. Klimas' 2009 presentation to the Connecticut CFIDS & FM Association highlighting new research developments, new discoveries, and better ways to manage CFIDS and FM.

[*Research Advances in Chronic Fatigue Syndrome: Impact on Treatment*](#) by Dr. Nancy Klimas

A summary of Dr. Nancy Klimas's 2006 presentation on specific research findings, both here and abroad, which she personally found very promising as well as leading to more illness-specific treatments.

[FM Highlights from 10th World Congress on Pain 2002](#) by Dr. Robert Bennett, a renowned authority on FM

A rheumatologist's review of studies presented on various pain mechanisms by pain researchers and a look at the neurological aspects of FM.

[Orthostatic Intolerance](#) - several studies reviewed by Dr. Peter Rowe

The focus of this article is on several studies of cerebral oxygenation and abnormalities found in CFS/CFIDS/ME patients with orthostatic intolerance.

[Research Findings](#) by Dr. David Bell

This articles discusses findings by Dr. David Bell and the late Dr. David Streeten of reduced plasma and red blood cell volume in the blood of CFS/CFIDS/ME patients. It also goes over physiological processes observed in CFS/CFIDS/ME.