

# THE INIM



· SUMMER 2020 ·



## INIM COVID-19 Update

The Institute for Neuro-Immune Medicine is taking actions to prevent and slow the spread of COVID-19, while continuing to offer care and resources to our community. Continue to visit our website and check out our social media channels for ongoing updates.

### **Clinic**

We will continue to conduct telehealth appointments in order to protect our patients from exposure to COVID-19. We will continue to contact our scheduled patients for confirmation of telehealth appointments.

### **Laboratories**

The Institute's E.M. Papper Laboratory Of Clinical Immunology remains open and is proceeding with the continuity of our research and laboratory work.

### **Clinical Research**

We are monitoring research operations and maintaining close communications with research participants that are currently enrolled in active research studies. At this time, we will continue to recruit interested participants in studies in order to continue our efforts in advancing knowledge and care for people with complex neuro-inflammatory illnesses.

Due to the ongoing COVID-19 pandemic, we will notify research participants and keep them informed when we will begin appointments for onsite visits. We appreciate your patience during this unprecedented crisis and would like to thank you for your continued support and research participation.

# Webinar Recap: Understanding ME/CFS Today: A Clinical & Research Approach

On May 15th, we hosted a free webinar -  
Understanding ME/CFS Today: A Clinical & Research Approach.

Our clinicians and researchers discussed the clinical and research approach to ME/CFS. Our speakers were:

- Maria Vera-Nunez, M.D., MSBI, DABOIM, IFMCP - Physician "An Introduction to the Functional & Integrative Medicine Approach to ME/CFS"
- Irma Rey, M.D., FAAEM, DABEM, DABIM - Physician "An Environmental Approach to ME/CFS"
- Irina Rozenfeld, MSHS, MSN, ANP-BC, APRN - Nurse Practitioner "Nutrition as a Therapeutic Approach in Patients with ME/CFS"
- Travis Craddock, Ph.D. - Director of the Clinical Systems Biology Group "The Potential Role of Ocular and Otolaryngological Mucus Proteins in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome"

Unable to attend? Want to rewatch the webinar? The recording can be found on our YouTube channel. Check it out!

## Understanding ME/CFS Today: A Clinical and Research Approach

May 15<sup>th</sup> | 12:00 PM – 3:30 PM EDT



**NSU**  
Florida



Maria Vera-Nunez,  
M.D., MSBI,  
DABOIM, IFMCP



Irma Rey, M.D.



Irina Rozenfeld,  
MSHS, MSN, ANP-BC,  
APRN



Travis Craddock,  
Ph.D., Director of  
Clinical Systems  
Biology Group



# Publications

## Leveraging Prior Knowledge to Recover Characteristic Immune Regulatory Motifs in Gulf War Illness

- Vashishtha S, Broderick G, Craddock TJA, et al. *Front Physiol.* 2020;11:358. Published 2020 Apr 28. doi:10.3389/fphys.2020.00358

## DRUGPATH: The Drug Gene Pathway Meta-Database

- Jaundoo R, Craddock TJA. *Int J Mol Sci.* 2020;21(9):3171. Published 2020 Apr 30. doi:10.3390/ijms21093171

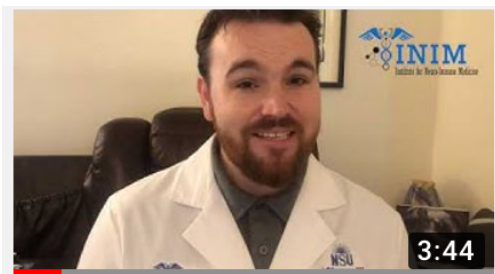
## Targeting Sirtuin Activity With Nicotinamide Riboside Reduces Neuroinflammation in a GWI Mouse Model

- Joshi U, Evans JE, Pearson A, et al. *Neurotoxicology.* 2020;79:84-94. doi:10.1016/j.neuro.2020.04.006

## Prevalence and Patterns of Symptoms Among Female Veterans of the 1991 Gulf War Era: 25 Years Later

- Sullivan K, Kregel M, Heboyan V, et al. *J Womens Health (Larchmt).* 2020;29(6):819-826. doi:10.1089/jwh.2019.7705

# BREATHING EXERCISES



The INIM's Exercise Physiologist, Jeffry Cournoyer, ATC, discusses two breathing techniques to stretch, protect and potentially improve lung capacity.

1. Diaphragmatic Breathing
2. Stack Breathing

Breathing Exercises



## INIM WEBINAR:



- Veterans Helping Veterans Mid-Day Talk: Gulf War Illness & Research

July 10, 2020 | 12:00 p.m. - 1:00 p.m.

- We are excited to announce that we will be hosting a webinar for Gulf War Veterans on Friday, July 10. Participants will meet the Gulf War Illness Research Team, learn about the ease of participating in research, hear from veterans who have participated in research and learn about different studies currently available.

[Register Here](#)

Connect with us on social media to hear the latest about what's happening at the INIM:

