



Is a leaky gut and intestinal microbes a cause for myalgic encephalomyelitis/chronic fatigue syndrome?

VOLUNTEERS NEEDED FOR RESEARCH

Are you healthy?

- We are seeking 35 healthy volunteers to donate a blood sample, as part of a study to help identify causes for the symptoms of ME, also known as Chronic Fatigue Syndrome (CFS)
- Participants must be **'apparently healthy'** – this means you **MUST NOT** have any significant medical or psychiatric history, including anxiety and depression
- You must not be taking any long-term medication with exception given to oral contraceptives
- Healthy volunteers serve as controls for patient groups and are matched to patients on characteristics such as age and gender

What is the study about?

- 'Leaky gut' syndrome has been proposed to cause or contribute to the development of ME/CFS and its many symptoms
- Researchers can assess blood samples for evidence of leaky gut by detecting the presence of microbes that may have 'leaked' from inside the gut into the general blood circulation

What is involved?

- You can request further information, given in a specific healthy volunteer sheet available at reception or by emailing using the address below
- You will then be asked to make an appointment in clinic on a Friday between 9-12pm to give your consent before donating a single blood sample

daniel.vipond@ifr.ac.uk or call 07943149314

Please include 'volunteer' in the email subject heading

