

Dear Editor,

**Putting exercise through its paces. Tony Kirby, The Weekend Australian
26 MAR 2011.**

The PACE trial is an attempt by some British psychiatrists to find a quick and cheap fix for the difficult problem of Myalgic Encephalitis/Chronic Fatigue Syndrome (ME/CFS) while sweeping its underlying medical problems under the carpet. If only it were so easy! The trial allows no generalizations to be made to the general population with ME/CFS. It produced modest results and used a broad definition which excludes ME, a neurological condition with post-exertional symptoms.

GET treatments are risky even for moderately affected patients. I was once moderately affected, but every minor extra exertion lead to flu-like symptoms. I then got worse. Using GET to treat ME/CFS is like using a whip to flog a dead horse, then expecting it to run.

If Prof. Lloyd's clinic patients are similar to the PACE sample, then his results also cannot be generalized to people with ME/CFS.

It is hard to see why Prof. Lloyd is surprised at the reaction of ME/CFS Australia. Surely he has seen adverse reactions to GET before. Perhaps, instead of blaming patients he could take this data on board.

**One doctor who investigates cardiac and other pathologies in ME warns:
“Without a clear understanding of these significant problem areas it is simply
indefensible and potentially dangerous to place an unsuspecting patient in a
graduated exercise program”.**

**There is no short-cut to rigorous research based on rigorous criteria and
listening to patients.**

**Susanna Agardy
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