

Eleanor Stein MD FRCP(C) Psychiatry and Psychotherapy

**Myalgic Encephalomyelitis/ Chronic Fatigue Syndrome,
Fibromyalgia, Environmental Sensitivities & Related Disorders**
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**Eleanor Stein
Brief Bio 2022**

For the past 21 years Dr. Stein has been intensively learning about diagnosis and management of Myalgic Encephalomyelitis/Chronic Fatigue Syndrome, Fibromyalgia and Environmental Sensitivities. She is a psychiatrist and psychotherapist with an appointment in the Department of Psychiatry at the University of Calgary, Faculty of Medicine.

She teaches a class on ME/CFS to first year medical students and mentors students who want to learn more. Dr. Stein is one of a handful of experienced clinicians for these conditions in Canada and is involved with two research teams at present providing clinical expertise.

- Dr. Stein's manual *"Let your light shine through: Strategies for living with ME/CFS, FM and MCS"* guides patients and clinicians through managing the symptoms of ME/CFS, FM and MCS.
- She offers self-management education online through the *Pathways to Improvement* course. She is working on a new book and publishes science blogs on her webpage.
- Dr. Stein is the founder of the ETeam, the only multidisciplinary team in Canada offering objective assessment of people with ME/CFS, FM and MCS including cognitive function, QEEG and exercise capacity. Patients travel from across Canada for assessment.
- As a member of the ICanCME working group 6, Dr. Stein is the PI for two grants to study *Healthcare system barriers to care for Canadians with ME/CFS*.
- Dr. Stein a member of a research collaboration between the U of Alberta, U of Calgary, McMaster university and U of Toronto. The team has been funded to study the effectiveness of a mind-body intervention in ME/CFS and long COVID.

Dr. Stein's goal is that every Canadian with ME/CFS, FM and MCS receive effective and respectful treatment within the public health care system.

More information about her practice can be found at www.eleanorsteinmd.ca