CHARITÉ
UNIVERSITÄTSMEDIZIN BERLIN

INTERNATIONAL ME/CFS CONFERENCE 2026

Summary

Therapy Studies on ME/CFS and PCS

Carmen Scheibenbogen

Institute of Medical Immunology

Charité

Myoflame-19 Trial: Cardioprotection with Losartan/Prednisolone in Post-COVID Cardiac Inflammation

Valentina Puntmann, *Goethe-Universität Frankfurt, Deutschland*

MYOFLAME-19 STUDY
First interventional trial in PostCOVID cardiac inflammation with cardiac MRI

Randomized placebo-controlled trial with losartan/prednisolone vs. placebo

n = 139 vs. 140

Improvement in multiple parameters: treatment vs. placebo:

- Cardiac function (↑LVEF, GLS, LVEDVI, RVEF; ↓LA size)
- Cardiac inflammation (native T1 and T2 ↓, perimyo-LGE % ↓)
- Inflammatory markers in blood (lymphocytes ↓, CRP ↓, D-dimer ↓)

CFS_CARE: Results of an Integrated Care Study for ME/CFS

Kirsten Wittke, *Charité – Universitätsmedizin Berlin, Deutschland*

Objective: Effectiveness of specialized care and rehabilitation for ME/CFS (n= 89 + 93)

Result at 12 months

- No improvement in disease severity and symptom severity in the intervention and control groups

Inpatient rehabilitation

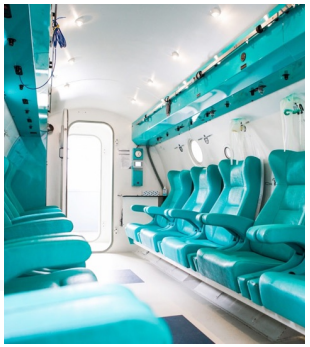
- 75% report improved daily life management and an improvement in their condition; 53% would undergo rehabilitation again
- but Bell Functional Score at the post-rehab follow-up: 44% deterioration, only 13% improvement

→ Rehabilitation often led to deterioration and only rarely to improvement

The suitability for rehabilitation must be assessed very critically in ME/CFS

Hyperbaric Oxygen Therapy (HBOT) in ME/CFS and PCS

Claudia Kedor, *Charité – Universitätsmedizin Berlin, Deutschland*



NKSG Nationale Klinische Studiengruppe MECFS PCS

Bundesministerium für Bildung und Forschung

Phase II 2-cohort observational study in ME/CFS

- About 30% showed improvement: fatigue, exercise tolerance, pain, and concentration, with sustained improvement even after 12 months
- 40 sessions were more effective than 20
- The improvements were accompanied by an improvement in fMRI (functional connectivity)

→ HBOT is not a general treatment option for ME/CFS; we are attempting to identify markers that can predict response

Low-dose Naltrexone (LDN) in PCS

Luis Nacul, *University of British Columbia, Kanada*

Randomized, placebo-controlled Phase II study in PCS (n= 71 vs 66)

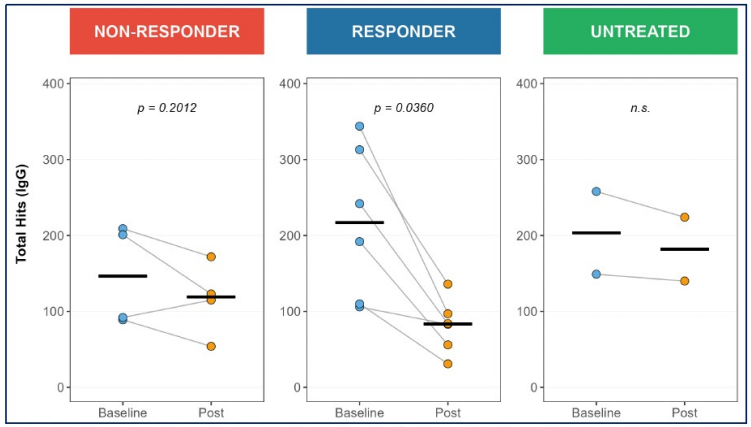
- LDN 1–4.5 mg over 16 weeks
- No difference in fatigue (FSS)

→ LDN is not a general treatment option for post-COVID syndrome

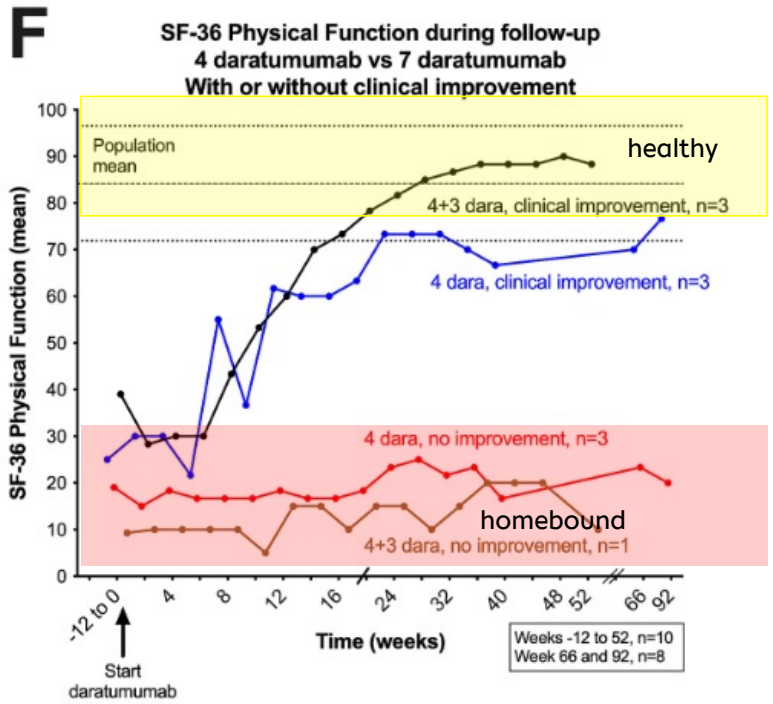
- **Evaluation of additional parameters and potential efficacy in subgroups remains to be seen**
- **4-arm RCT study LIFT (LDN – Mestinon – placebo) for ME/CFS is ongoing**

Daratumumab in ME/CFS

Øystein Fluge, *University of Bergen, Norwegen*



Autoantibody screening for > 21,000 proteins



Fluge O, Frontiers in Medicine, 2025

Ongoing study: RESET ME

Randomized, placebo-controlled Phase II study in ME/CFS (n= 44 vs 22)

Methylprednisolone in PCS

Lucas Adam, *Charité – Universitätsmedizin Berlin, Deutschland*

Randomized, placebo-controlled Phase II study in neurocognitive PCS (n= 45 + 41)

- Methylprednisolone 1 mg/kg over 4 weeks, tapering for 2 weeks
- No difference in memory improvement (MMQ) or other symptoms

→ Medium-to-high-dose methylprednisolone is not a treatment option for post-COVID syndrome

Cohen Center for Recovery from complex Chronic Illness: Research Updates

David Putrino, *Icahn School of Medicine at Mount Sinai, New York, USA*

- Fareon Magnetic Therapy
- Vagus Nerve Stimulation
- Maraviroc/Truvada
- Valtrex/Celebrex, Paxlovid
- Tafenoquine
- Spike Antibody
- Lumbrokinase
- Low-dose rapamycin

Cohen Center for Recovery from complex Chronic Illness: Research Updates

David Putrino, *Icahn School of Medicine at Mount Sinai, New York, USA*

- Fareon: Microtesla Magnetic Therapy

RCT exploratory study: 20 vs. 10 placebo

Cognitive function and emotional health

significantly improved after 8 weeks

Canori A et al. MedrXiv, 2026

- IMC-2 Paxlovid

Exploratory open-label study n= 2x12

Valtrex/Celebrex/Paxlovid vs. Valtrex/Celebrex

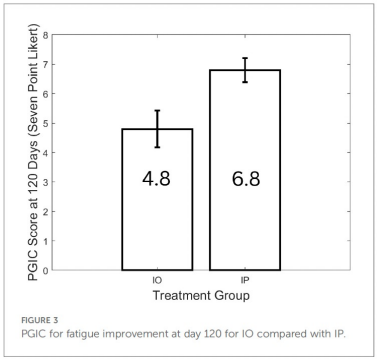


FIGURE 3
PGIC for fatigue improvement at day 120 for IO compared with IP.

Prigden WL, Putrino D. Front Imm, 2026

Low-dose Rapamycin in ME/CFS and PCS

Gunnar Gottschalk, *Simmaron Research, USA*

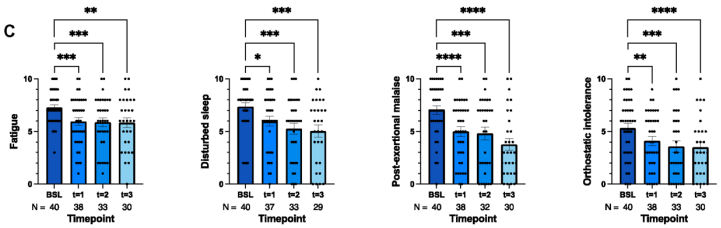
Ruan *et al. Journal of Translational Medicine* (2025) 23:1148
https://doi.org/10.1186/s12967-025-07213-8

Journal of Translational Medicine

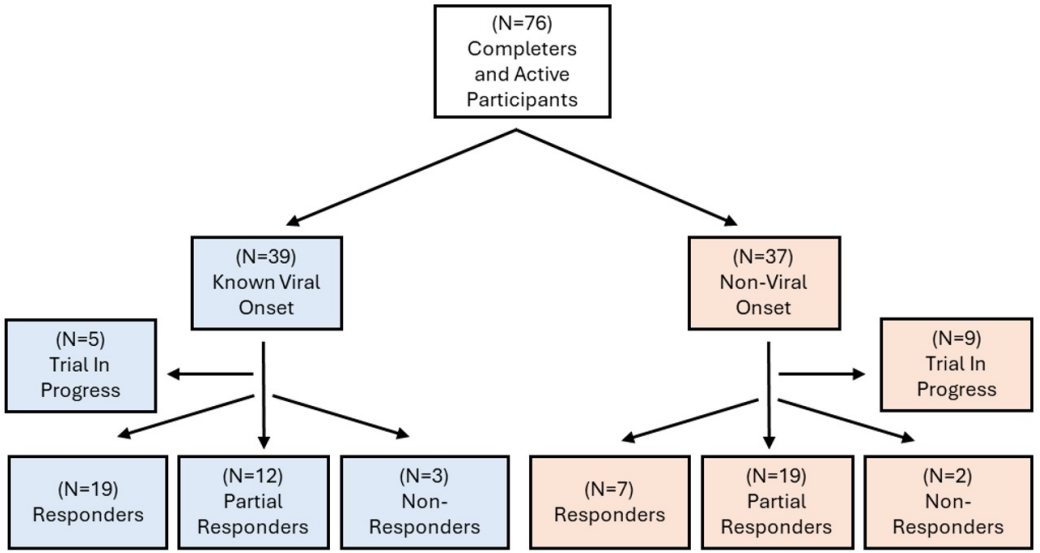
RESEARCH Open Access

Low-dose rapamycin alleviates clinical symptoms of fatigue and PEM in ME/CFS patients via improvement of autophagy: a pilot study

Brian T. Ruan[1], Sarojini Bulbule[2], Brooke Gile[2], Amy Reyes[2], Bela Chheda[3], Lucinda Bateman[4], Jennifer Bell[4], Brayden Yellman[4], Stephanie L. Grach[5], Jon Berner[6], Daniel L. Peterson[7], David Kaufman[10*], Avik Roy[2,9*] and C. Gunnar Gottschalk[2,8*]



Phase II observational study



Gilie et al. 2026, under review

12:00
15 min

Immunoadsorption in ME/CFS and Post-COVID ME/CFS: First Results from the IA-PACS-CFS Randomized Sham-Controlled Trial

Hannah Pressler, *Charité – Universitätsmedizin Berlin, Deutschland*

Friederike Ufer, *Charité – Universitätsmedizin Berlin, Deutschland*

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Initial preliminary results

44 vs. 22 patients with ME/CFS
Primary endpoint not met
No significant difference in the absolute score on the Chalder Fatigue Scale 60 days after immunoadsorption compared to the sham control group (primary objective)

- Various subgroup analyses are still pending (e.g., clinically relevant improvement, ME/CFS vs. PCS/ME-CFS, duration of illness)
- Biomarkers: activated B cells, expanded immunophenotyping (Sawitzki Group), antibody status

10:30
20 min

Markers of Autoimmunity in ME/CFS and Post-COVID Syndrome (PCS)

Birgit Sawitzki, *Charité – Universitätsmedizin Berlin, Deutschland*

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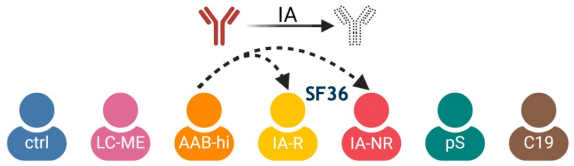
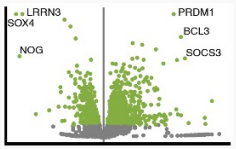


e.g. soluble mediator profiling in plasma (NULISA)



e.g. Multiplex-cytometry

Immunological

ME/CFS subtypes

"HIGH" (~30%)
- Inflammation
- Activated B/T cells (non-GCB)

"MEDIUM" (~40%)
- mild inflammation
- Activated B/T cells (GCB/TFH)

"LOW" (~30%)
- No inflammation

IA studies

Elevated ß2 adrR AK Inclusion criterion

RCT IA-PASC

Elevated ß2 adrR AK not an inclusion criterion

Gemeinsamer Bundesausschuss

Menü

Presse > Pressemitteilungen und Meldungen > Long/Post-COVID: Vier Wirkstoffe werden im Off-Label-Use v...

Pressemitteilung | Arzneimittel

Long/Post-COVID: Vier Wirkstoffe werden im Off-Label-Use verordnungsfähig

B
A

Arzneimittel-Richtlinie

Anlage VI: Off-Label-Use

Anlage VI: Verordnungsfähigkeit von zugelassenen Arzneimitteln in nicht zugelassenen Anwendungsgebieten
(PDF 783,71 kB)

Anlage zur Richtlinie: » Arzneimittel-Richtlinie
Letzte Änderung: 10.03.2026

- Ivabradine – LC POTS
- Agomelatine – ME/CFS and LC: Fatigue
- Vortioxetine – LC: Cognition
- Metformin – Prevention of LC in patients with a BMI >25

Continuing Education April 22, 20https://pcn.charite.de

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