

Fra: "[REDACTED]"
Sendt: tirsdag 10. mars 2026 01:38:08
Til: "Postmottak (Ekstern post til arkivet)" <f-arkivar@helsedir.no>
Emne: Updated Practices in Treatment of ME/CFS

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«Jeg aksepterer ikke at retningslinjen blander sammen ME med andre tilstander. Det er ikke hensiktsmessig og vil føre til fortsatt feil og skadelig behandling. Jeg krever en egen retningslinje kun for ME, G93.3.».

This is written by a Norwegian ME activist- Nina E. Steinkopf.

English text: "I do not accept that the guideline mix ME with other conditions. It is not appropriate and will lead to continued incorrect and harmful treatment. I demand a separate guideline just for ME, G93.3."

Please reconsider what you believe are best practices in caring for those with ME/CFS. I am an older person so I remember the before times when the internet was not a tool for connection; people still became ill with ME/CFS in isolation. Please reflect on being on the right side of history: multiple sclerosis was considered "all in one's head" until it was proven that there are lesions in the brain that cause the disabling symptoms.

Thank you for your time.

Sincerely,

[REDACTED] M.E.S.E.
Early Childhood Special Educator