ANNUAL REPORT 2025

Open Medicine Foundation®

HOPE Leading Research. Delivering Hope.

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OUR PURPOSE

Revolutionize the way we understand and treat chronic complex multi-system diseases, with initial focus on ME/CFS and Long COVID, by illuminating their mechanisms, accelerating effective treatments, and empowering personalized care.

OUR MISSION

To drive and fund global collaborative research that unlocks disease biology, delivers precise diagnostics, and advances treatments—giving every patient a pathway to care and hope.

OUR VISION

A world where ME/CFS, Long COVID, and related diseases are understood, rapidly diagnosed, and effectively treated—so every patient can live fully.

Leading with Purpose: A Message from OMF's Founder/CEO

As we enter our 14th year in 2026, I remain fully committed to the foundational values that clearly define Open Medicine Foundation (OMF). Across OMF, OMF Canada, and OMF Australia, our shared purpose, mission, and vision guide every interaction we have, with people suffering with these chronic diseases at the forefront and researchers, clinicians, and supporters alike.

The imperative to restore good health and improve quality of life for those living with these devastating conditions continues to fuel everything we do. It is both a privilege and a profound responsibility to lead an organization dedicated to illuminating the mechanisms of chronic complex diseases, accelerating effective treatments, and ensuring that every patient has a pathway to care and hope.

2025 Milestones:

StudyME Participant Registry: Our global registry now connects over 14,700 participants with researchers, accelerating recruitment for over 20 studies at leading universities worldwide.

Global Collaboration: The Directors of our Collaborative Research Centers at Harvard, Stanford, Montreal, Uppsala, and Melbourne universities maintain their close partnership, exchanging biosamples, pursuing joint research initiatives, and engaging in open dialogue throughout every phase of their work.

LIFT Clinical Trial: Our quest for meaningful therapies has reached a significant milestone: our team at our Harvard Collaboration has completed one-third of the Life Improvement Trial (LIFT). The LIFT is a rigorous randomized, double-blind, placebo-controlled study evaluating low-dose naltrexone (LDN) and Mestinon (pyridostigmine) as standalone treatments and combined. Looking ahead, we anticipate launching additional clinical trials throughout the coming year.

Medical Education: The Open Medicine Foundation-supported Medical Education Resource Center (MERC) at the Bateman Horne Center (BHC), has already trained almost 20,000 healthcare professionals across the US and in over 89 countries to understand, diagnose, and treat ME/CFS and Long COVID.

Research Impact: We have supported over 70 research projects, many ongoing, already resulting in more than 50 peer-reviewed publications that advance our understanding of these complex diseases.

BioQuest Launch: In early 2026, we plan to launch BioQuest, a significant biomarker discovery study. With 1,000 blood plasma samples collected from multiple sites in the US and Uppsala University Medical Center in Sweden, we aim to identify biomarker signatures unique to ME/CFS, including subsets, which could lead to objective diagnostic tools.

Looking Ahead: This extraordinary year would not have been possible without our devoted OMF staff, three outstanding Foundation Boards spanning the US, Canada, and Australia, our 21-member Scientific Advisory Board, and seven Directors united in their commitment to improving lives. Their unwavering support fuels our optimism as we advance groundbreaking research, strengthen international partnerships, and work toward meaningful change for those living with these conditions.

With hope for all,

Linda

Linda Tannenbaum
Open Medicine Foundation
Founder & CEO

OMF Achievements:
The Year in Numbers

Advancing Research and Medical Education for ME/CFS & Long COVID

Projects Funded

76

Research Projects

Investing in innovative research to understand ME/CFS & Long COVID

40

Projects Currently Underway

StudyME Registry

14.5K+

Registered Participants

Empowering participants from 85 countries to contribute to research and enhance understanding.

20+

Studies

Accelerating recruitment for over 20 studies at leading universities around the globe

Publications

53

Research Publications

Disseminating findings to advance knowledge and treatment options with **16 new publications and one preprint in 2025**.

Clinical Initiatives

5

Pilot Studies & Clinical Trials Initiated

Testing new treatment protocols for better patient outcomes.

Medical Education

19K+

Healthcare Providers Reached

Including over 6,000 in 2025.

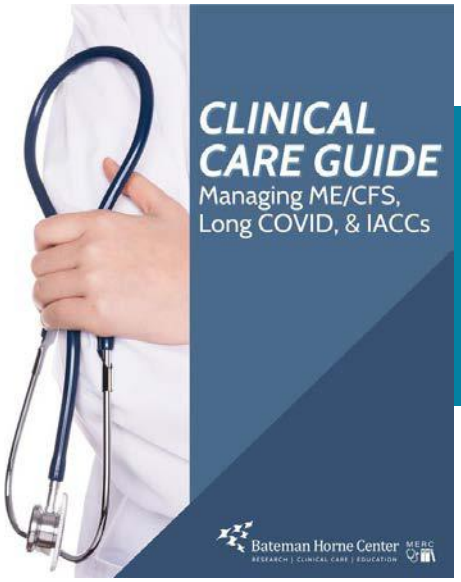
95

Countries

Equipping healthcare professionals with knowledge for accurate diagnosis and treatment.

Clinical Care Guide Published

The first comprehensive guide for ME/CFS & Long COVID care



Large-Scale Biomarker Project: BioQuest Update

In 2025, OMF initiated a large-scale ME/CFS biomarker project called BioQuest. The goal of this project is to identify a biochemical signature for ME/CFS that can be conveniently evaluated through a blood test and differentiate ME/CFS from other illnesses with similar clinical presentations.

BioQuest combines blood samples from our Collaborative Center at Uppsala with samples collected via the Chronic Fatigue Initiative, for which we received approval to access from the NIH's Biospecimen Review Access Committee in August 2025. Altogether, we now have 1000 samples: 400 people with ME/CFS, 400 healthy controls, and 50 each of disease controls, including multiple sclerosis, exertional malaise (burn out syndrome), clinical depression, and Long COVID.

We will perform the following tests on all 1000 samples:

- Proteomics (via Olink and mass spectrometry)
- Metabolomics (via NMR and mass spectrometry)
- Targeted immunoassays for BDNF, GDF-15, FGF-21, WASF3, and SMPDL3B
- Cytokine panel
- Haptoglobin phenotyping

Previous biomarker studies have provided crucial information for the development of the BioQuest project, which aims to fill the gaps in existing research. It is the largest study of its kind with doctor-confirmed diagnoses, disease controls, and a geographically diverse cohort. Ultimately, BioQuest has the potential to yield a biomarker and assay platform that are suitable and ready for verification, validation in a prospective study, and rapid development into a clinical diagnostic to aid specific diagnosis of ME/CFS.


BioQuest
ME/CFS Biomarker Study

Advancing Research: OMF StudyME

StudyME is a global patient registry, serving as a recruitment tool to accelerate research on ME/CFS, Long COVID, and other similar illnesses. There are over 14,500 people registered in StudyME, representing 85 countries around the world.

StudyME has helped recruit for over 20 studies of varying types—spanning in-person and hybrid trials, remote and online studies, and biobanks and registries.

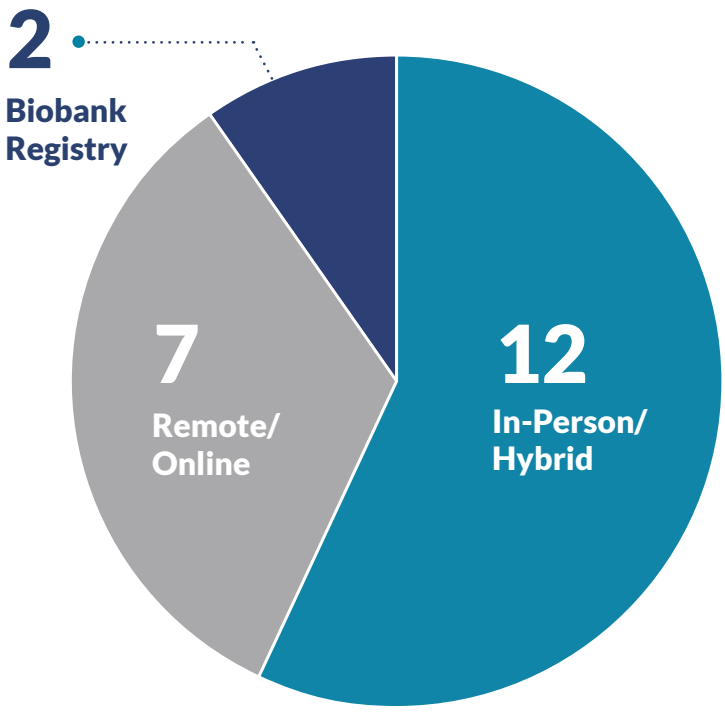
StudyME global patient registry

14.5K+
People Registered

85
Countries

20+
Studies

Number of Studies



These studies were conducted by esteemed universities and institutions around the world, including:

Autoimmune Registry

Beth Israel Lahey Health
Beth Israel Deaconess Medical Center

Bateman Horne Center
RESEARCH | CLINICAL CARE | EDUCATION

Mass General Brigham

Icahn School of Medicine at Mount Sinai

NMCB

NSU Florida

Long COVID Wearable Study

Stanford MEDICINE | School of Medicine

THE UNIVERSITY OF MELBOURNE

VASSAR COLLEGE A.D. 1861

2025 Research Portfolio

OMF made significant progress in 2025, advancing ME/CFS and Long COVID research. By investigating disease mechanisms, pursuing reliable diagnostics, and testing potential treatments, OMF—powered by dedicated researchers and supporters—continues to expand understanding of these multi-system chronic complex diseases.

In 2025, OMF-funded projects resulted in 16 peer-reviewed publications and one preprint, significantly contributing to the growing body of knowledge on ME/CFS, Long COVID, and related diseases.

2025 Publication Overview:

1. **Melbourne ME/CFS Collaboration:** *Exploring a genetic basis for the metabolic perturbations in ME/CFS using UK Biobank*

   Read summary of the paper here.

2. **Collaborative Center at Montreal:** *Circulating Levels of SMPDL3B Define Metabolic Endophenotypes and Subclinical Kidney Alterations in Myalgic Encephalomyelitis*

   Read summary of the paper here.

3. **Melbourne ME/CFS Collaboration:** *A Perspective on the Role of Metformin in Treating Myalgic Encephalomyelitis/ Chronic Fatigue Syndrome (ME/CFS) and Long COVID*

4. **Collaborative Center at Montreal:** *Haptoglobin phenotypes and structural variants associate with post-exertional malaise and cognitive dysfunction in myalgic encephalomyelitis*

   Read summary of the paper here.

5. **Collaborative Center at Montreal:** *Circulating FGF-21 as a Disease-Modifying Factor Associated with Distinct Symptoms and Cognitive Profiles in Myalgic Encephalomyelitis and Fibromyalgia*

   Read a summary of the paper here.

6. **Collaborative Center at Stanford:** *Microfluidic assessment of PO2-regulated RBC capillary velocity in ME/CFS*

   Read a summary of the paper here.

7. **Melbourne ME/CFS Collaboration:** *Mapping cerebral blood flow in myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) and orthostatic intolerance: insights from a systematic review*

8. **Collaborative Center at Uppsala & Melbourne ME/CFS Collaboration:** *Steroid dynamics in myalgic encephalomyelitis / chronic fatigue syndrome: a case-control study using ultra performance supercritical fluid chromatography tandem mass spectrometry*

   Read a summary of the paper here.

9. **Collaborative Center at Montreal:** *SMPDL3B a novel biomarker and therapeutic target in myalgic encephalomyelitis*

   Read a summary of the paper here.

10. **Computational Research Center:** *Patient-reported treatment outcomes in ME/CFS and long COVID*

    Read a summary of the paper here.

11. **Computational Research Center:** *Systems Modeling Reveals Shared Metabolic Dysregulation and Novel Therapeutic Treatments in ME/CFS and Long COVID*

    Read a summary of the paper here.

12. **Collaborative Center at Uppsala:** *Comprehensive transcriptome assessment in PBMCs of post-COVID patients at a median follow-up of 28 months after a mild COVID infection reveals upregulation of JAK/STAT signaling and a prolonged immune response.*

    Read a summary of the paper here.

13. **Collaborative Center at Uppsala:** *Targeted analysis of seven selected tryptophan-melatonin metabolites: Simultaneous quantification of plasma analytes using fast and sensitive UHPLC-MS/MS*

    Read a summary of the paper here.

14. **Collaborative Center at Stanford:** *A network medicine approach to investigating ME/CFS pathogenesis in severely ill patients: a pilot study*

    Read a summary of the paper here.

15. **Collaborative Center at Stanford:** *Mosaic Chromosomal Alterations/Somatic Copy Number Variations: A New Frontier in Genetic Association Studies of Complex Diseases*

16. **Melbourne ME/CFS Collaboration:** *Machine learning and multi-omics in precision medicine for ME/CFS*

    Read a summary of the paper here.

2025 Preprint:

The Ronald G. Tompkins Harvard ME/CFS Collaboration: *Pyridostigmine and low-dose naltrexone for ME/CFS: study protocol for the Life Improvement Trial (LIFT), a randomized, double-blind, placebo-controlled clinical trial*

OMF Resources:
Science Wednesdays

In January 2025, OMF launched Science Wednesdays, a weekly education series led by Danielle Meadows, PhD, OMF's Vice President of Research Programs and Operations.

Featuring short pieces on science, research, and technology connected to OMF's ME/CFS and Long COVID projects, the series translates complex topics into clear, understandable explanations for patients, carers, clinicians, and researchers.

Throughout 2025, Science Wednesdays covered a broad range of topics, helping the community explore both scientific concepts and research methods. The series highlighted OMF's global work, providing a consistent educational resource throughout the year.

All Science Wednesdays posts are available on OMF's website, and the series will continue in 2026.

Journal Club

In November 2025, OMF introduced Journal Club, a new education initiative focused on helping the community better understand newly published OMF-supported research. When one of OMF's research centers publishes a paper, OMF hosts a live Journal Club session to walk through the study in detail.

Journal Club is led by Dr. Danielle Meadows, PhD, OMF's Vice President of Research Programs and Operations. During each session, Dr. Meadows explains the study's goals, methods, and key figures, and discusses what the findings may mean for ME/CFS and Long COVID research. The format is designed to make scientific papers more approachable, especially for those without a formal research background.

These live discussions create space for learning, reflection, and questions, helping bridge the gap between published research and the people most affected by these diseases. Journal Club reinforces OMF's commitment to transparency, education, and meaningful engagement with the community.

OMF Community Voices:
‘ME/CFS Is’ Campaign

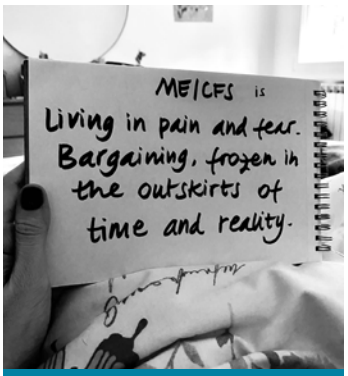
For ME/CFS Awareness Day on May 12, individuals around the world used their limited energy to share powerful messages by completing the sentence, “ME/CFS is…”

Throughout May, the campaign helped raise awareness across social media, generating:

947K+
Page & Profile Impressions

774K+
Post Impressions

Explore the campaign here.



Ali_vago

@nikosuvisto

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@therachelferrera

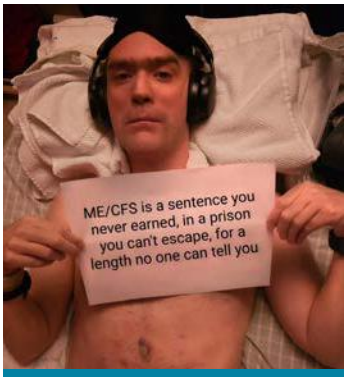
@somebodysdiaries

@my.liberation.space

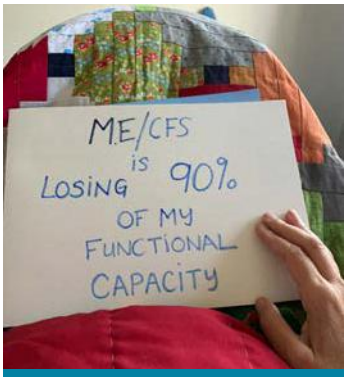
liv_.alice

Hayden

@blendsofbalance



@eirik_ax



@bridiemcleanart

@laragede_vivre

@coryanderson_

@alekpalek

@sweet_villal_panda

Samantha

"ME/CFS is..."

Rosalyn Moore Boyd Johnson

@emmartino45

@franhaddock_

@angelasmillar

Estelle

@lysh_smith

@katie.blecker

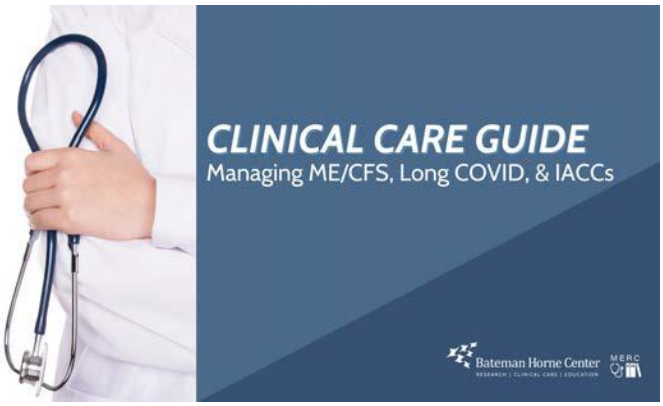
@coco_chatel

Medical Education & Resources
Medical Education Resource Center (MERC)

The Open Medicine Foundation (OMF)-supported Medical Education Resource Center (MERC) at the Bateman Horne Center (BHC) expanded its reach and impact, reinforcing its role as a global leader in ME/CFS and Long COVID medical education.

In 2025, MERC published and released the first Clinical Care Guide for ME/CFS, Long COVID, and related conditions. This practical resource, grounded in clinical expertise, research, and the lived experience of patients, provides guidance for healthcare providers while also supporting the patient community. Explore the guide here.

The Clinical Care Guide is one highlight of MERC's 2025 work. See the full report to learn more about MERC's impact.



Download 2025 MERC Report

MERC

Vumedi

Open Medicine Foundation (OMF) is committed to bridging research and clinical practice, empowering clinicians and bringing renewed hope to millions of patients worldwide.

Through its collaboration with VuMedi, a global education platform for healthcare professionals, OMF launched an expert-led channel in 2025. The channel features educational videos and research-informed content focused on ME/CFS, Long COVID, and related diseases. The content is designed to strengthen clinical understanding and support evidence-informed care.

Visit OMF's VuMedi channel here and share it with your healthcare professional.


IN SOLIDARITY

HOW YOU CAN HELP

Subscribe to our newsletter

Stay up to date on our latest research news at www.omf.ngo or by subscribing to our newsletter.

Make a donation

Every contribution helps us in our mission to end ME/CFS and Long COVID. All donations are tax-deductible to the extent allowed by law.

Give monthly

Join the Hope Builders community, the foundation of OMF's support. Your monthly gifts provide the critical funding needed to advance our research efforts.

Donate crypto

Maximize your impact by donating Bitcoin, Ethereum, or other cryptocurrencies directly to OMF instead of selling and donating the after-tax proceeds.

Leave a bequest

The Healthy Futures Society honors individuals who choose OMF as their partner in creating a personal legacy through planned giving.

Other ways you can help our cause

For more ways to support our mission, please visit our Ways to Donate page.

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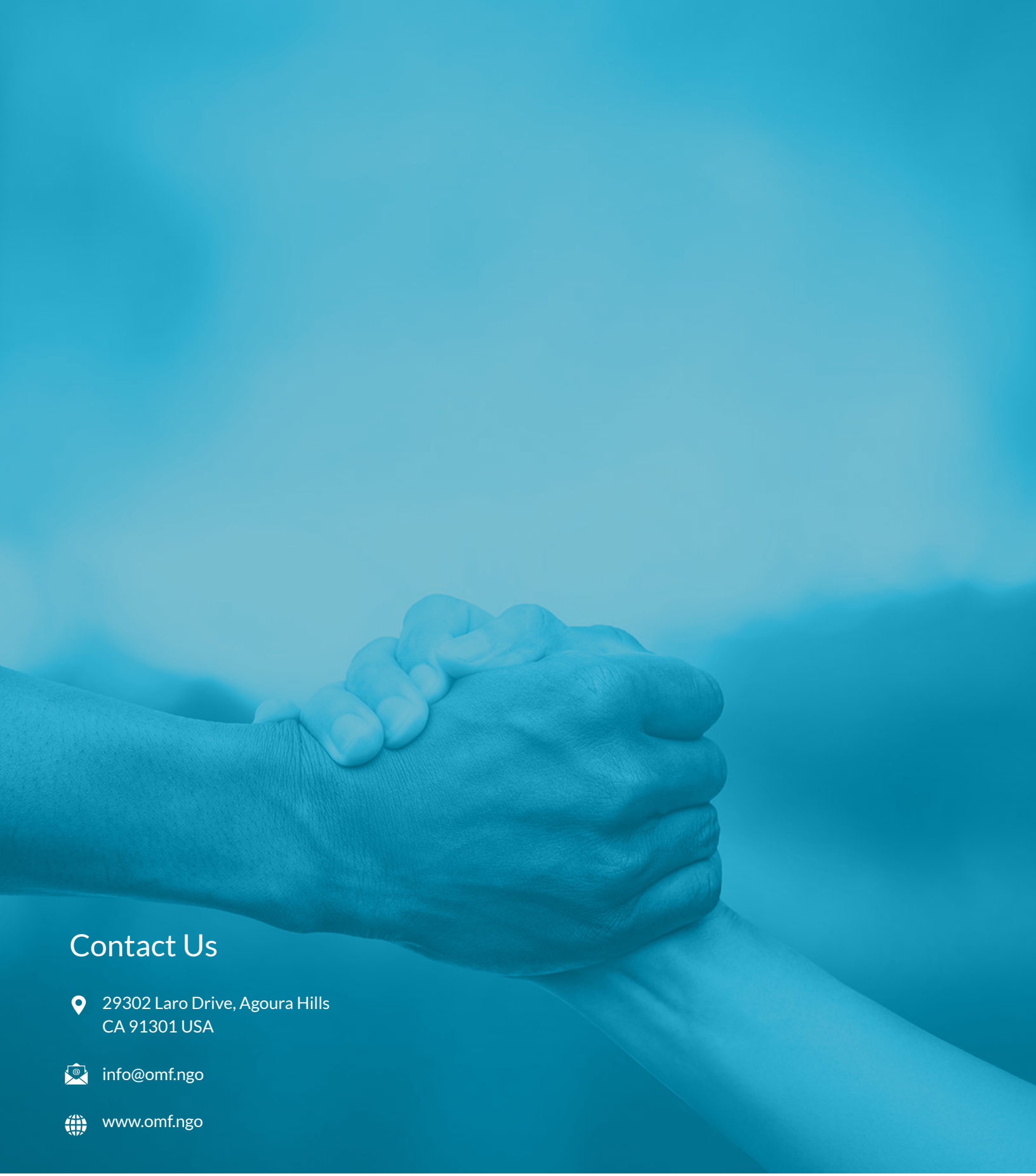
- openmedf
- open-medicine-foundation
- openmedf
- openmedf
- OpenMedF

Please help us ensure that **no person is left behind**

"People tell us to try harder, to push through. But, the more we push, the sicker we get." — Jackie



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