

“When I was first diagnosed with M.E./ CFS it was a relief to find out what was wrong with me and to be able to explain it to friends, family and work.

But I was also worried about what it meant for the future. Support from my doctor and Action for M.E. meant I wasn't alone. I have the information and help I need to cope with my illness and to give my body the best chance of recovery. Looking back, getting a diagnosis was the first step to improving my health.”

Steve Brown



Action for M.E. is a national charity dedicated to improving the lives of people with M.E. We've been at the forefront of the campaign for more research, better treatments and services since 1987. We provide information, services and support to people affected by M.E.

action for **M·E**

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exhausted
struggling
in pain **feeling ill**
brain fog
sleep problems



Feel like your body's grinding to a halt?

If you can relate to this, you might have M.E./ CFS



M.E. (Myalgic Encephalomyelitis/ Encephalopathy) or CFS (Chronic Fatigue Syndrome) is an illness that affects many body systems and the way that they work, particularly the nervous and immune systems.

Sometimes M.E./ CFS is diagnosed as PVFS (Post Viral Fatigue Syndrome).

If you're concerned about M.E./ CFS, talk to your doctor. Remember that the symptoms of many illnesses can sound quite similar. Your doctor will assess and investigate possible causes.

If you want to know more about M.E./ CFS or you need support, contact Action for M.E.

Who does M.E./ CFS affect?

Around 240,000 people in the UK have the illness. It affects men and women of all ages and ethnic backgrounds. Children can get it too.

What are the symptoms?

Feeling extremely tired or exhausted most, or all of the time is one of the main symptoms of M.E./ CFS. This feels very different from ordinary tiredness.

Simple mental or physical tasks can leave you feeling shattered or struggling to function. You may feel the impact straight away but it can typically take a day or two to kick in. Everyday tasks that you used to find easy become difficult, even impossible.

M.E./ CFS affects different people in different ways but other symptoms include:

- feeling ill, or flu-like symptoms
- swollen glands/ sore throat
- pain
- sleep disturbance
- digestive problems
- sensitivity to light and sound
- difficulties with memory/ concentration

If you've been feeling like this for some time and your symptoms aren't improving, talk to your doctor about M.E./ CFS



Would you like more information?

Whether you are finding out about the illness for the first time or you already have a diagnosis, it's vital that you get the right information as soon as possible. Recognising and understanding your illness early on can make a big difference to how you feel, and gives your body the best chance of recovery.

Get in touch for a **free** pack about the information and support we offer

Yes, please send me a free pack

Name

Address

Postcode

Tel

Email

- Detach this page and send it to the address on the back
- Or email admin@afme.org.uk with your name and postal address, putting 'information pack' in the subject field
- Or phone us today on **01749 670799**

We would like to keep you in touch with our activities. If you would prefer not to receive this information, please tick this box.



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