

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

You could have  
M.E./ Chronic Fatigue Syndrome

Sometimes M.E. (Myalgic Encephalomyelitis/ Encephalopathy) can be diagnosed as **Post Viral Fatigue Syndrome (PVFS)**.

Talk to your doctor and contact Action for M.E. for more information. Whether you are finding out about M.E./ CFS 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.

Remember that your symptoms could be due to something else and your doctor needs to assess and investigate any possible causes.

action for **M·E**

Call 01749 670799  
or visit [www.afme.org.uk](http://www.afme.org.uk)