

Come to bed with ME...

Dizziness &
Disorientation

Headache

Being unable to think clearly,
find words or remember
new information

Disordered
sleep

Exhaustion &
Muscle Weakness

Muscle &
Joint Pain

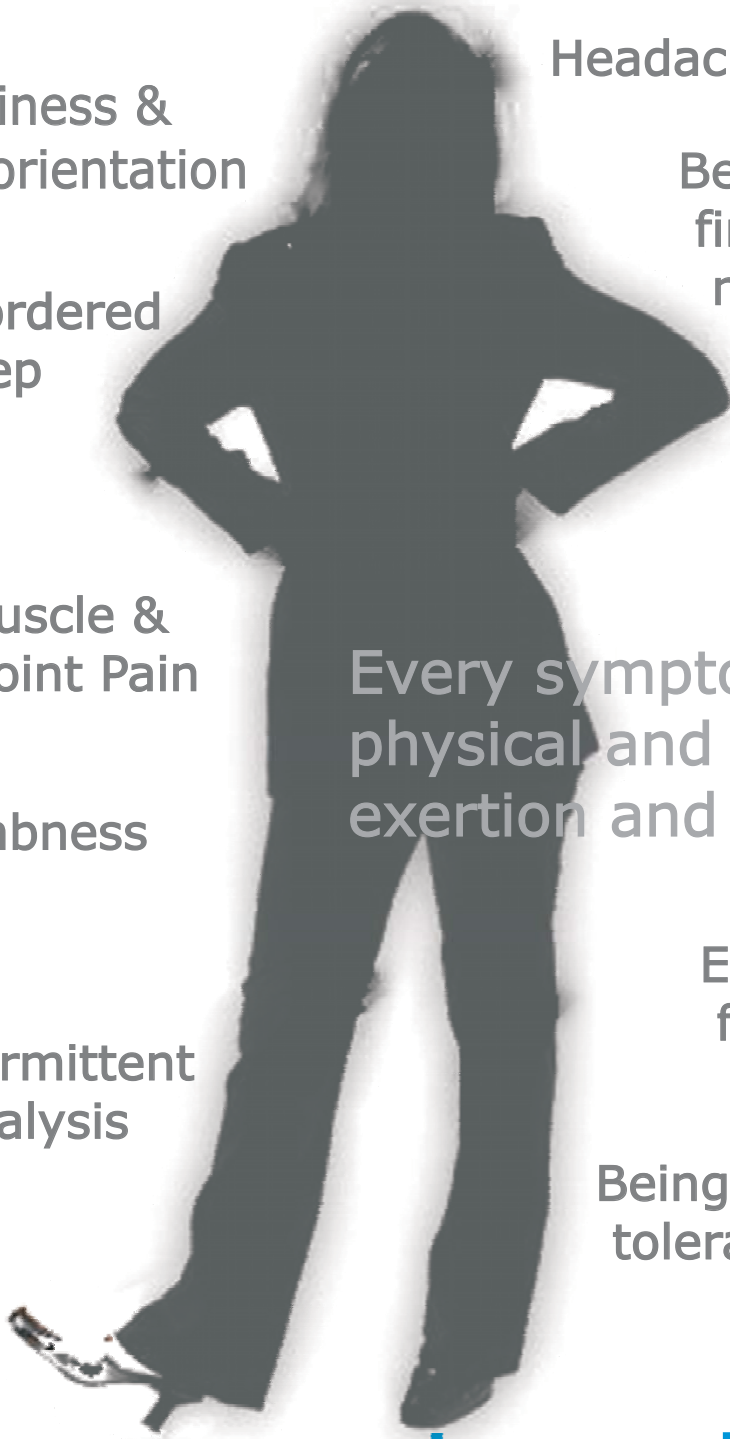
Every symptom exacerbated by
physical and psychological
exertion and not improved by rest

Numbness

Extreme malaise: feeling
fluey, poisoned, nauseous

Intermittent
paralysis

Being unable to
tolerate light or noise



...and you might never leave.

Myalgic Encephalomyelitis is a serious neurological illness
250,000 people in the UK are diagnosed with ME or Chronic Fatigue Syndrome
A quarter of them are bed or house bound....Sometimes for ever

There is no cure

Be M.E. Aware

M.E. Awareness week 10 - 16 May 2009

www.mefreeforall.org

drjohngreensmith@mefreeforall.org

36a North Street, Downend, Bristol BS16 5SW

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