

MEA 4-PAGE ORDER FORM

Print out these pages when using this form

Some of the new items now available



ME, Children and Young People

Leaflet written specially for The ME Association by Jane Colby, Executive Director of The Young ME Sufferers Trust, and a former headteacher.



Medical Management File on Essential Fatty Acids

By Dr Charles Shepherd, medical adviser to The ME Association, and one of the UK's leading campaigners on behalf of people with ME. This is the latest in a series of ME/CFS Management Files which appear regularly in The MEA's quarterly magazine, *ME Essential*.



Transcript of our 2006 Medical Meeting

Guest speaker Dr William Weir (pictured left), with Dr Charles Shepherd, and Questions and Answers. Verbatim report of our annual Medical Meeting, held last year in Chester



And the latest leaflet from our award-winning ME Connect information and support service, ***Caring for a Person with ME.***

PLEASE CHECK OUT THE ITEMS LISTED INSIDE. THEN RETURN TO THIS PAGE TO COMPLETE YOUR ORDER.

MEA membership number

Please return this form to:

**The MEA
4 Top Angel
Buckingham
MK18 1TH**

Tel: 01280 818968

Name _____

Address _____

Postcode _____

Phone number _____

Payment type (please tick appropriate box):

Cash Cheque/P.O. (made payable to ME and You Ltd)

Debit / Visa Card

Card Type: Visa / Delta / Mastercard / Switch / Other

Credit Card Number _____

Start Date _____ Expiry Date _____ Issue Number _____

SIGNATURE _____ DATE _____

Written confirmation and delivery of product(s) received by consumer within 30 days from date of purchase.

Cancellation or Return: You have the right to cancel or return product(s) purchased. Written notification – by letter, fax, or email – of cancellation of return should be sent to The MEA within seven days from receipt of item. Postage and packing of returned goods to be paid by the consumer, unless goods found to be fault on delivery. Refunds will be paid within 30 days. This does not affect your statutory rights.

LEAFLETS – ALL PRICES INCLUDE P&P

Cost per item Quantity Cost

MEDICAL MANAGEMENT FILES

	The ABC of Symptom Relief	£1.00		
	Alternative and Complementary Approaches to Management	£1.00		
	Amitriptyline – its use in patients with ME/CFS	£1.00		
	Anaesthetics and ME	£1.00		
	Cognitive dysfunction	£1.00		
	Coping with pain	£1.00		
	Energy Management	£1.00		
New	Essential Fatty Acids	£1.00		
	Flu vaccinations	£1.00		
	Gastric and irritable bowels	£1.00		
	New treatments	£1.00		
	Obtaining an ill-health pension	£1.00		
	Pregnancy	£1.00		
	Prognosis and Permanency	£1.00		
	Sleep disturbance	£1.00		
	Specialist Referrals	£1.00		
	Ten key aspects of management	£1.00		
	Vitamins and vitamin supplements	£1.00		
	Why test your blood?	£1.00		

BENEFITS INFORMATION

	Benefits and Tax Credits (introduction)	£1.00		
	Benefits Appeals	£1.00		
	DLA - help with filling in the form	£3.00		
	IB50 – help with filling in the form	£3.00		

CHILDREN AND ME

New	Me, Children and Young People, by Jane Colby	£1.00		
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GENERAL INFORMATION

	Book List	£1.00		
	Holidays and Retreats	£1.00		
	Summary of evidence for ME/CFS being a neurological disorder – article by Dr Gudrun Lange and briefing paper by Dr Charles Shepherd	£1.00		
New	Lyme Disease, the internet myths, by Dr Darrel Ho-Yen	£1.00		
	ME/CFS – Questions Answered	£1.00		
	Healthy eating and ME/CFS, by dietitian Rhona Wilson	£1.00		

ME CONNECT LEAFLETS

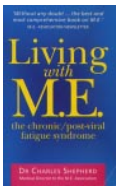
	Anxiety and Panic Attacks – questions answered	£1.00		
New	Caring for a person with ME	£1.00		
	Managing your emotion in ME	£1.00		
	ME – what gets in the way of good management	£1.00		
	Pacing for people with ME – an introduction	£1.00		

Order Form continues on next page TOTAL COST SO FAR

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BOOKS



Living with ME self-help guide, 496pp
by Dr Charles Shepherd

£10.50



**ME/Chronic Fatigue Syndrome:
A Practical Guide**, 408pp
by Dr Anne Macintyre

£10.50



**Myalgic Encephalomyelitis and Post Viral
Fatigue States: the saga of Royal Free disease**
68pp, 50th anniversary reprint
by Dr Melvin Ramsay

£6.00

MEA BOOKLET ON CLINICAL PRACTICE



**ME/CFS/PVFS: An exploration
of the key clinical issues**, 24pp
by Dr Charles Shepherd and
Dr Abhijit Chaudhuri

MEA members ordering this booklet may
also select any five information sheet from
the previous page for a combined price of £5.00.

NB: *The DLA and IB50 'help with filling
in the forms' leaflets are multi-page documents,
and are not included in this offer.*

£4.00

REPORT



ME Diagnosis: Delay Harms Health, 16pp
Report about early and correct diagnosis
Published by The ME Alliance
(leader author Dr Charles Shepherd)
to mark ME Awareness Week 2005

£4.00

CARRIED FORWARD FROM PREVIOUS PAGE

Order Form continues on next page TOTAL COSTS SO FAR

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MEA T-SHIRT



It's real! It's physical! It's ME!
 Purple, 'Fruit of the Loom' cotton
 Sizes: S, M, L, XL, XXL
 Please state size(s) required

£8.00

MEA WRISTBANDS



Purple/white marbled, adult size only
 with slogan **GIVE ME A FAIR DEAL**

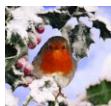
each 0.75
 6 for £4.00

MEDICAL CONFERENCE RECORDINGS

DVD of The MEA's 2005 medical conference – lecture by Dr John Gow
 Medical Panel: Dr Charles Shepherd, Dr Anne Macintyre, Dr Rashmin Tamnhe
 £5.00

Transcript of The MEA's 2006 Medical Conference –
 Main Speakers: Dr William Weir and Dr Charles Shepherd £3.00

MEA CHRISTMAS CARDS



Mixed pack of 10, 5 each of two designs
 Split pack, 10 of either design *Tick picture required*



£3.00
 £3.25

DISABLED BADGE HOLDERS

Leather, various colours, phone 01280 818968
 to check available colours state required colour

£5.00

GREETINGS CARDS



A handful of the designs

'Botanical' cards,
 blank inside for your own message 10 for £3.00
 54 designs, various quantities 20 for £5.00

FOOD SUPPLEMENTS

Pure Evening Primrose Oil (Efamol)
 500mg – 270 capsules £31.00
Pure Evening Primrose Oil (F.S.C.)
 500mg – 540 capsules (special offer while stocks last) £25.00
EPO with Fish Oil (Efamarine) 270 capsules £24.00
EPO with Fish Oil (Efamarine) 540 capsules £48.00
EPO with Fish Oil (Efamarine) 1080 capsules £96.00

FREE INFORMATION

**Department for Work and Pensions proposed medical
 guidance for ME/CFS, plus a copy of the joint charities' response** FREE

CARRIED FORWARD FROM PREVIOUS PAGES

GRAND TOTAL

Now please go to the front page of the Order Form and enter final details