



OFFERS OF LEAFLETS MADE TO NEW MEMBERS

All new members agreeing to pay for their membership by **Annual Standing Order** may select £10 worth of leaflets of their choice, at no extra charge. If you pay by another method, you may select leaflets to the value of £3.00. Please tick the relevant boxes below and send with your application form.

MEDICAL MANAGEMENT LEAFLETS	NORMAL PRICE	TICK BOX
<p>ABC OF SYMPTOM RELIEF</p> <p>Lists all main symptoms of ME/CFS that may affect sufferers with guidelines about alleviating symptoms, and advice about other illnesses that may have similar symptoms</p>	£1.00	
<p>ALTERNATIVE & COMPLEMENTARY APPROACHES TO MANAGEMENT</p> <p>Looks at the pros and cons of the most popular alternative treatments on offer for ME/CFS from Acupuncture to Vitamins</p>	£1.00	
<p>AMITRIPTYLENE – ITS USE IN PATIENTS WITH ME/CFS</p> <p>Amitriptylene can be recommended for muscle joint or nerve pain relief when other analgesics are not effective and can sometimes help with sleep problems. Leaflet describes the more common side effects, warns when it should not be taken, gives details of other medicines which alter its effects and indicates what should/should not be done when taking it.</p>	£1.00	
<p>ANAESTHETICS AND ME</p> <p>Covers the concerns that people with ME/CFS may face when they have to undergo an operation. See also our leaflet <i>Going into Hospital</i>.</p>	£1.00	
<p>COGNITIVE DYSFUNCTION</p> <p>If cognitive dysfunction (problems with concentration, memory, attention span) is one of your symptoms, this would be a good leaflet to give to your employers. It details studies that have been carried out which confirm that a wide range of cognitive defects are frequently found in people with ME/CFS.</p>	£1.00	
<p>COPING WITH PAIN</p> <p>About 80% of people with ME/CFS experience pain. When it occurs, it can do so in many different forms and with varying degrees of severity. This leaflet looks at the general principles of pain management and specific treatments.</p>	£1.00	
<p>DISABILITY RATING SCALE</p> <p>Revealing table which people with ME can use to measure their level of ability. Useful for when talking to health professionals and in applying for benefits.</p>	£1.00	
<p>EMPLOYMENT AND ME/CFS</p> <p>Employment issues can be extremely distressing for people with ME/CFS. This leaflet lays out the choices available and explains how that, since the Disability Discrimination Act was enacted, employers have to be careful to observe both the letter and the spirit of the law.</p>	£1.00	
<p>ENERGY MANAGEMENT</p> <p>Striking the right balance between activity and rest is one of the most difficult aspects of managing your ME/CFS. This leaflet gives guidance on how to strike that balance. See also our leaflet <i>Pacing for people with ME</i>.</p>	£1.00	
<p>ESSENTIAL FATTY ACIDS AND EPA</p> <p>Explains what these are and why they might be beneficial for people with ME/CFS and what side effects can occur. It explains the science and why The ME Association sells Evening Primrose Oil and Fish Oil supplements.</p>	£1.00	
<p>FLU VACCINATIONS</p> <p>Weights up the pros and cons of flu vaccinations for people with ME/CFS.</p>	£1.00	
<p>GASTRIC AND IRRITABLE BOWEL SYMPTOMS</p> <p>Many people with ME/CFS suffer from irritable bowel symptoms. This leaflet looks at what other illnesses may be the cause and how the symptoms can best be managed.</p>	£1.00	
<p>GOING INTO HOSPITAL</p> <p>For people with ME/CFS who are going into hospital. It suggests what you should consider before admission and how to explain to and discuss your symptoms with the doctors and nursing staff. See also our leaflets <i>Anaesthetics and ME</i> and <i>Explaining ME to People</i>.</p>	£1.00	

MEDICAL MANAGEMENT LEAFLETS (<i>continued</i>)	NORMAL PRICE	TICK BOX
<p>NEW AND EXPERIMENTAL TREATMENTS</p> <p>Reviews a number of drugs, supplements and alternative treatments which in the last few years have been researched and which ones may be helpful for people with ME/CFS.</p>	£1.00	
<p>OBTAINING AN ILL-HEALTH PENSION</p> <p>Do you have a company pension and need to retire early? This leaflet is for you. It looks at the problems and gives sources of further information. If you are still at work and propose joining a company pension scheme, it is a must. See also the leaflet <i>Prognosis and Permanency</i>.</p>	£1.00	
<p>PREGNANCY, CHILDBIRTH AND ME/CFS</p> <p>What are the effects of pregnancy and childbirth on ME/CFS? Is the baby at risk? How do you cope after the baby is born? What about the father? These are some of the questions that are considered in this leaflet. Other reliable sources of advice also given.</p>	£1.00	
<p>PROGNOSIS AND PERMANENCY</p> <p>Considers what a person with ME/CFS needs to take into consideration when assessing an application for an early retirement pension on the grounds of permanent ill health. See also the leaflet <i>Obtaining an ill-health pension</i>.</p>	£1.00	
<p>SORTING OUT SLEEP DISTURBANCE</p> <p>Looks at how sleep patterns can change in people with ME/CFS and what type of sleep disturbances commonly occur. Gives guidance on how sleep disturbance can be treated.</p>	£1.00	
<p>SPECIALIST REFERRALS</p> <p>Gives up-to-date information about the availability of specialists in Britain. It also has a section on the new NHS Clinics.</p>	£1.00	
<p>TEN KEY ASPECTS OF MANAGEMENT</p> <p>Covers diagnosis, finding a doctor who can help, drug treatment, energy management, dealing with emotional issues and sorting out work, education and family responsibilities. There is a section on state and private sector benefits and another on social support, practical assistance and carers. Advises about vitamins, minerals, supplements and nutrition and alternative and complementary approaches.</p>	£1.00	
<p>VITAMINS AND VITAMIN SUPPLEMENTS</p> <p>Is there any evidence that people with ME/CFS are vitamin deficient? Are supplements of value in ME/CFS? Can taking vitamins harm your health? Is it worth having a blood test for vitamin deficiency? These and many other questions about vitamins are answered in this leaflet.</p>	£1.00	
<p>WHY TEST YOUR BLOOD?</p> <p>At present there is no diagnostic blood test for ME/CFS but testing your blood is essential to rule out other illnesses, both at the onset and during the course of your ME/CFS. This leaflet looks at what blood tests can reveal.</p>	£1.00	
BENEFITS INFORMATION		
<p>BENEFITS AND TAX CREDITS (INTRODUCTION)</p> <p>Outlines the benefits you may be able to obtain, including Statutory Sick Pay, Incapacity Benefit, Income Support, Industrial Injuries Disablement Benefit, Jobseeker's Allowance, Working Tax Credit, Disability Living Allowance, Attendance Allowance, Child Tax Credit, Travel and Parking Concessions and Road Tax Exemption. Indicates where to get further information and help.</p>	£1.00	
<p>DISABILITY LIVING ALLOWANCE</p> <p>Explains what it is, how to apply and what to do if you are turned down.</p>	£1.00	
<p>REVIEWS & APPEALS FOR DISABILITY LIVING ALLOWANCE & ATTENDANCE ALLOWANCE</p> <p>General guide on what to do if you feel a decision about benefits is wrong or needs reviewing, touching on the complex legal regulations. It gives useful contact numbers.</p>	£1.00	
<p>INCAPACITY BENEFIT (IB50) – FILLING IN THE FORM</p> <p>Filling out the claim form for Incapacity Benefit takes a great deal of time and can be confusing. This leaflet explains the form clearly and gives clear guidance on how to complete it.</p>	£3.00	
<p>DISABILITY LIVING ALLOWANCE – FILLING IN THE FORM</p> <p>We've revised this form to take into account changes included in the form since April 2007. This leaflet also explains the form clearly, gives clear guidance on how to complete it and so improve your chances of obtaining this important benefit.</p>	£3.00	

CHILDREN AND ME	NORMAL PRICE	TICK BOX
ME, CHILDREN AND YOUNG PEOPLE Some 25,000 children in the UK have ME/CFS; it's the biggest cause of long term absence from school. Jane Colby, executive director of The Young ME Sufferers Trust, describes what can be done if the illness is not diagnosed and lists the help available from local education authorities in making necessary adaptations to education. Also, how to look after a child with the illness.	£1.00	
GENERAL INFORMATION		
HEALTHY EATING IN ME/CFS By Rhona Wilson, senior specialist dietitian at St Bartholomew's Hospital, London.	£1.00	
HOLIDAY AND RETREATS Quiet places to stay in the UK and Europe, including some suitable for people with multi-chemical sensitivities. Updated regularly. All recommended by people with ME who have stayed there.	£1.00	
LYME DISEASE, THE INTERNET MYTHS By Dr Darrel Ho-Yen, senior microbiologist at the Raigmore Hospital, Inverness. There are wild myths about Lyme Disease published on the Internet. In this leaflet, he lays them to rest.	£1.00	
ME/CFS – QUESTIONS ANSWERED The ME Association's basic leaflet about ME, Chronic Fatigue Syndrome and Post Viral Fatigue Syndrome – what makes each different and what are the similarities.	£1.00	
ME AND MY CARER Few people really understand the effect of ME/CFS. This tick-box leaflet will help you get across the complexities of ME/CFS and how it affects you in particular. A good leaflet for carers – even close members of your family who may sometimes need reminding.	£1.00	
EXPLAINING ME/CFS TO PEOPLE If you are going into hospital, off to college or school, or anywhere where you will meet people who will need to know about but may not have a full understanding of your particular symptoms, this tick-box leaflet has a list of symptoms which will help make things clearer.	£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	
ME CONNECT LEAFLETS		
ANXIETY AND PANIC ATTACKS – QUESTIONS ANSWERED Tips on managing anxiety and panic attacks; information about other sources of support.	£1.00	
CARING FOR A PERSON WITH ME Support for carers, and where to find out more.	£1.00	
SEVERE ME – ESSENTIAL INFORMATION Answering frequently asked questions, disability rating scale and other information.	£1.00	
MANAGING YOUR EMOTIONS IN ME Some help with getting through difficult times in your life.	£1.00	
ME – WHAT GETS IN THE WAY OF GOOD MANAGEMENT Good management helps people control their ME and feel better. Some tips on how to achieve it.	£1.00	
PACING FOR PEOPLE WITH ME – AN INTRODUCTION A quick, useful guide to some of the principles involved.	£1.00	

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When you have ticked the relevant boxes, please return this list with your Membership Application Form.

If you select more leaflets than your £10-worth (or £3-worth), please pay for the additional ones by increasing the value of your payment to The ME Association.