

MEA 8-PAGE ORDER FORM

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Some of the items available



Postural Orthostatic Tachycardia Syndrome (PoTS) and ME/CFS

A significant minority of people with MECFS also have PoTS – but it often remains undiagnosed because of a lack of knowledge among health professionals. In this leaflet, Dr Shepherd uses material made available at a PoTS workshop held as part of the ME/CFS research collaborative conference in Newcastle last year.



Our iconic 'It's real... it's physical... it's ME' T-shirts

Find out how to buy these on page 26.

PLEASE LOOK FOR THESE ITEMS INSIDE – THEN RETURN TO THIS PAGE TO COMPLETE YOUR ORDER

When ordering free leaflets only, please enclose a first-class stamp to help us defray our costs.

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number*

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LEAFLETS – ALL PRICES INCLUDE P&P	Cost per item	Quantity	Cost
MEDICAL MANAGEMENT LEAFLETS			
ALTERNATIVE & COMP APPROACHES TO MANAGEMENT FULLY REVISED	£1.00		
Looks at the pros and cons of the most popular alternative treatments on offer for ME/CFS.			
AMITRIPTYLINE EXPLAINED	£1.00		
Describes the more common side-effects of this drug when used for pain relief or to help with sleep in ME/CFS, warns when it should not be taken, gives details of other medicines which alter its effects and indicates how it should best be used.			
ANAESTHETICS AND ME	£1.00		
Covers the concerns that people with ME/CFS may face when they have to undergo an operation or invasive medical procedure. See also our leaflet <i>Going into Hospital</i> .			
BLOOD TESTS EXPLAINED	£1.00		
At present, there is no diagnostic blood test for ME/CFS – but testing your blood is vital to rule out other illnesses that have similar symptoms.			
CANCER, CHEMOTHERAPY, RADIOTHERAPY AND ME/CFS	£1.00		
Provides information on support that is available and advice on how to cope with what is obviously going to be a very difficult time. Also explains how cancer treatments may affect ME/CFS.			
COGNITIVE BEHAVIOUR THERAPY (CBT)	£1.00		
What is CBT? Why all the fuss? What happens if you go for a course of CBT? Our leaflet on answers your questions about this talking therapy. There's also a summary of our report on CBT, GET and Pacing.			
COGNITIVE DYSFUNCTION – two leaflets	Both for £1.00		
Difficulties with memory and concentration are often a major issue for people with ME/CFS. Our first leaflet covers coping strategies and discusses whether drugs and supplements may help. The second is designed to explain these difficulties to employers, benefits agencies, etc.			
COLD HANDS AND FEET	£1.00		
What causes these unpleasant symptoms and how might they be prevented and managed?			
COPING WITH PAIN	£1.00		
Looks at the general principles of pain management and treatments in MECFS.			
DENTAL CARE – YOUR QUESTIONS ANSWERED	£1.00		
Dental surgeon Dr Richard Cantillon answers your question – from toothpaste to the use of local anaesthetics and antibiotics, and on to mercury fillings.			
DEPRESSION AND ANTIDEPRESSANTS	£1.00		
Explains when antidepressants may be appropriate in ME/CFS, and discusses the different types. Dr Shepherd discusses how lower doses might help with pain and sleep disturbance.			
DISABILITY RATING SCALE	£1.00		
Includes a self-assessment table that people with ME/CFS can use to measure their level of ability. It could be useful when talking to health professionals and when applying for benefits.			
DULOXETINE/CYMBALTA – ITS USE FOR PAIN RELIEF	£1.00		
Recent research suggests this drug might be useful for the relief of fibromyalgic and neuropathic pain. Dr Shepherd discusses the evidence for and against.			
EMPLOYMENT AND ME/CFS	£3.00		
Eight-page booklet looking at the options facing someone at work, work-related benefits, the practical and financial help that may be available, ill-health retirement, taking 'Disability Leave' and the relevant laws.			
ENERGY MANAGEMENT + ME CONNECT LEAFLET ON PACING	£1.00		
Balancing activity and rest is one of the most difficult aspects of managing your ME/CFS. Dr Shepherd's management file on energy management offers guidance on achieving the right balance. Also includes an introduction to pacing, the system that helps many people with ME/CFS manage activity and rest. There's also a summary of our report on CBT, GET and Pacing.			
ESSENTIAL FATTY ACIDS AND EPA	£1.00		
Explains what these are, why they might be beneficial for people with ME/CFS and what side-effects can happen. It explains the science and why we sell certain supplements.			
FLU VACCINATIONS (UPDATED FOR 2015-2016)	£1.00		
Weighs up the pros and cons of flu vaccinations for people with ME/CFS.			
Order Form continues on next page TOTAL COST SO FAR			

LEAFLETS – ALL PRICES INCLUDE P&P	Cost per item	Quantity	Cost
GABAPENTIN – AN OPTION FOR MODERATE TO SEVERE PAIN Dr Shepherd discusses when and why this drug might be used to treat moderate to severe pain.	£1.00		
GOING INTO HOSPITAL Suggests what you should consider before admission and how to discuss your symptoms with the doctor and nurses. See also our leaflets <i>Anaesthetics and ME</i> and <i>Explaining ME to People</i> .	£1.00		
HEADACHES AND ME/CFS Discusses the most common forms of headaches experienced by people with ME/CFS, suggests ways in which the pain might be relieved – while urging patients to seek medical help urgently if any 'red flag' symptoms occur.	£1.00		
HELPING YOU COPE WITH SEVERE M.E. 12-page booklet giving practical advice and information about coping strategies for when you are very ill. Includes a two-page checklist to give to the people most involved with your care.	£3.00		
HOW TO DEAL WITH YOUR DOCTOR Discusses your options if things are not working out well, particularly with your GP. There's brief discussion of hospital doctors and private consultants. Includes the ME Connect leaflet on arranging medical appointments.	£1.00		
IMPORTANCE OF EARLY AND ACCURATE DIAGNOSIS A quick guide on this important subject by Dr Shepherd. One leaflet to show to your own doctor!	£1.00		
LYME DISEASE, THE INTERNET MYTHS This leaflet is by Dr Darrel Ho-Yen, senior microbiologist at the Raigmore Hospital, Inverness, who runs the Lyme Disease registry in Scotland. He demolishes some myths about Lyme Disease.	£1.00		
ME/CFS – IT REALLY IS A NEUROLOGICAL DISEASE In the first part of this leaflet, Dr Charles Shepherd summarises the overwhelming evidence that this illness has a neurological basis. In the second, neuropsychologist Dr Gudrun Lange, who uses brain imaging techniques, confirms the presence of structural brain abnormalities in ME/CFS.	£1.00		
MENOPAUSE, FEMALE HORMONES AND HRT Considers some of the remedies that may work for you and some that have no scientific validity but may still be useful.	£1.00		
MUSCLE ENERGY SUPPLEMENTS Examines the scientific evidence for the use of over-the-counter supplements taken by people with ME/CFS who believe they help reduce exercise-induced muscle fatigue. Discusses carnitine, co-enzyme Q10, creatine and NADH/Enada.	£1.00		
THE NATURE OF FATIGUE IN ME/CFS Describes the unique type of fatigue experienced by people with ME/CFS and why it is often used as a key diagnostic tool. How it differs from the chronic fatigue in other illnesses is also explained.	£1.00		
NEW AND EXPERIMENTAL TREATMENTS Reviews all the new drugs, supplements and alternative treatments that are now being used, or are being assessed in clinical trials, for the management of ME/CFS.	£1.00		
OBTAINING AN ILL-HEALTH PENSION + PROGNOSIS AND PERMANENCY Do you have a company pension and need to retire early? This leaflet looks at the problems involved, and gives sources of further information. <i>Prognosis and Permanency</i> is a fully referenced leaflet that covers the thorny question: "Is the ill-health and disability likely to be permanent?"	£1.00		
ORTHOSTATIC INTOLERANCE IN ME/CFS Orthostatic intolerance refers to problems in standing up or trying to remain standing. Some doctors regard it as a key diagnostic feature of the illness. This leaflet explains what it is, how it's caused and what can be done to ease the symptoms. There's also information on Postural Orthostatic Tachycardia Syndrome (PoTS)	£1.00		
PERMANENT HEALTH INSURANCE POLICIES The ins and outs of buying this type of insurance, which is also known as Income Protection insurance, and what you should be aware of when making a claim, or becoming involved in a dispute.	£1.00		
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LEAFLETS – ALL PRICES INCLUDE P&P	Cost per item	Quantity	Cost
PREGNANCY, CHILDBIRTH AND ME/CFS 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 considered.	£1.00		
LYRICA / PREGABALIN FOR PAIN RELIEF IN ME This is a prescription-only drug that is sometimes used to treat moderate to severe pain in ME/CFS but it is not always well tolerated. Dr Charles Shepherd discusses its use in some detail.	£1.00		
POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME (PoTS) Some people with ME/CFS also have this condition but it can remain undiagnosed because of lack of knowledge among health professionals. This leaflet is based on a workshop on PoTS presented by Prof Julia Newton and the charity PoTS UK at a conference in 2016.	£1.00		
RELAPSES, EXACERBATIONS AND FLARE-UPS This leaflet explains how ME/CFS often involves relapses, exacerbations and flare-ups and what causes this variability. It also covers how to manage your ME/CFS when a relapse or exacerbation occurs.	£1.00		
RELIEF FOR YOUR SYMPTOMS Lists all the main symptoms of ME/CFS and provides guidance on the use of drugs and other forms of treatment. Also contains information about other medical conditions that cause the same symptoms.	£1.00		
RITUXIMAB – COULD IT BE A TREATMENT FOR ME/CFS? Dr Charles Shepherd answers your questions about whether this drug, developed for the treatment of a type of cancer called a lymphoma, could have an application in treating some forms of ME/CFS. A UK clinical trial of Rituximab for ME/CFS is being planned.	£1.00		
SORTING OUT SLEEP DISTURBANCE + RESTLESS LEGS This leaflet looks at how sleep patterns can change in people with ME/CFS and what type of sleep disturbances commonly occur. It gives guidance on how sleep disturbance can be treated. Also included is information on Circadin (prescription-only melatonin) and an item on Restless Legs Syndrome.	£1.00		
SPECIALIST REFERRALS This leaflet gives up-to-date information on how to find a hospital specialist in ME/CFS – although in some areas of the UK they are in very short supply. It also discusses the specialist NHS services in England for people with ME/CFS, and has a section about paying privately to see a specialist.	£1.00		
STOMACH AND IRRITABLE BOWEL SYMPTOMS This leaflet covers irritable bowel symptoms, how they are treated using drugs and self-help measures, and information on other conditions with similar symptoms. Also includes a new leaflet by our diet adviser.	£1.00		
STRESS, AND HOW TO HANDLE IT Stress can seriously damage your health. This explains what's involved and offers coping strategies.	£1.00		
TEN KEY ASPECTS OF MANAGEMENT From diagnosis, finding a doctor who can help, and drug treatment, through to energy management, dealing with emotional issues and sorting out work, education and family responsibilities. It also includes information on state and private sector benefits, social support, practical assistance and caring for people with ME/CFS.	£1.00		
VACCINATIONS AND PRE-TRAVEL HEALTH CARE Everything you need to know about preparing for a trip abroad. We also have a new letter (p24) for travel operators about adjustments and assistance that may be required by a person with ME/CFS.	£1.00		
VITAMINS AND VITAMIN SUPPLEMENTS Everything you need to know about vitamins and vitamin supplements (and more).	£1.00		
VITAMIN B12 - COULD IT BE A SAFE AND EFFECTIVE FORM OF TREATMENT? We receive regular queries and feedback about the use of vitamin B12 in ME/CFS. This used to be prescribed by doctors as a 'tonic' for people with a variety of complaints, especially those involving fatigue. But it is no longer used in this way. In this leaflet, Dr Charles Shepherd weighs up the evidence for and against its use.	£1.00		
VITAMIN D DEFICIENCY There is a growing interest in the role of Vitamin D – the “sunshine vitamin” – in ME/CFS. This leaflet explores how the deficiency is diagnosed, the different treatments and overdosing dangers.	£1.00		
WHAT CAUSES ME/CFS? Dr Shepherd ponders the big questions and suggests ideas for future research.	£1.00		
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LEAFLETS – ALL PRICES INCLUDE P&P	Cost per item	Quantity	Cost
BENEFITS AND SOCIAL CARE INFORMATION			
BENEFITS AND TAX CREDITS (INTRODUCTION) Tells you about DWP benefits inc Sick Pay, Employment & Support Allowance, Income Support, Personal Independence Payment, Industrial Injuries Disablement Benefit, Jobseeker's Allowance, Working Tax Credit, Universal Credit, Attendance Allowance, Child Tax Credit, Travel & Parking Concessions.	£1.00		
BLUE BADGE SCHEME How to apply for this parking concession & our To Whom It May Concern letter supporting an application.	£1.00		
CARER'S ALLOWANCE This leaflet explains what it is, how to apply and what to do if you are turned down.	£1.00		
DISABLED FACILITIES GRANT How to get help with adaptations to your home.	FREE	one copy only	
ESA – GUIDE TO FILLING IN THE FORM FULLY REVISED Our guide on how to do the paperwork. Rules and regulations relating to the qualifying criteria and components of this work-related benefit are lengthy and complex. Before applying, we also urge claimants to read the 27-page leaflet, <i>A guide to Employment and Support Allowance – The Work Capability Assessment (ESA214)</i> , published by the DWP, June 2011, and the MEA's <i>Ten Top Tips when applying for ESA</i> . You can download both of them at: www.meassociation.org.uk/?p=6382	£3.00		
GETTING HELP FROM SOCIAL SERVICES If you have ME and it affects your daily life, you may be able to get help from your local social services department. This essential guide – written by independent health writer and researcher Cathy Stillman-Lowe – tells you how the system works, and how to complain if you are not happy.	£1.00		
ME AND MY CARER Few people really understand the effects of ME/CFS. This tick-box leaflet will help you get across the complexities of ME/CFS and how it affects you in particular. It is a good leaflet for carers – even for close members of the family who may sometimes need reminding.	£1.00		
PERSONAL INDEPENDENCE PAYMENT (PIP) This is a benefit for people with care and/or mobility problems and has replaced Disability Living Allowance. In this leaflet, we discuss whether you qualify for it and how you might make the best of your application.	£1.00		
PIP – THE MEA GUIDE TO FILLING IN THE FORM Our guide on how to complete the paperwork, and make the most of your application for this relatively new benefit. PIP has replaced the Disability Living Allowance for all new applications.	£3.00		
DWP REVIEWS AND APPEALS This is a general guide on what to do if you feel a decision about a benefit claim is wrong or needs reviewing. It touches on the complex legal regulations involved and gives useful contact numbers.	£1.00		
CHILDREN AND ME			
ME, CHILDREN AND YOUNG PEOPLE ME is the commonest cause of long-term sickness absence from school. In this leaflet, Jane Colby of the Young ME Sufferers Trust details the support available from local education authorities. The leaflet also gives valuable advice on how to look after a child with the illness.	£1.00		
DIET AND NUTRITION			
DIET AND ME/CFS – THE STORY SO FAR There are many theories that certain diets will improve the symptoms of ME/CFS. Are these just personal anecdotes or is there proof that they will work? This leaflet assesses the use of diet in symptom control – in the process exploring probiotics, food sensitivity, coeliac disease, postural hypotension and 'anti-candida' diets.	£1.00		
HEALTHY EATING IN ME/CFS This leaflet by Rhona Hobday – formerly senior specialist dietitian at St Bartholomew's Hospital in London – explains what people with ME/CFS should eat to achieve a healthy, balanced diet.	£1.00		
NUTRITIONAL SUPPLEMENTS IN ME – MYTH OR MIRACLE CURE This leaflet assesses the evidence for a number of supplements, some of which have a big following among people with ME/CFS. They include magnesium injections, Evening Primrose Oil, Omega-3 fish oil, Vitamin B6, NADH/Enada and L-carnitine.	£1.00		
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LEAFLETS – ALL PRICES INCLUDE P&P	Cost per item	Quantity	Cost
GENERAL INFORMATION			
BOOK LIST A short list of self-help books, reports and other literature about ME/CFS.	FREE		one copy only
LEAVING MONEY TO THE ME ASSOCIATION Our leaflet on adding a codicil to your will.	FREE		one copy only
ME/CFS – YOUR QUESTIONS ANSWERED This leaflet explains ME/CFS and Post Viral Fatigue Syndrome (PVFS). It also discusses what makes the illness so different from other possible causes of chronic fatigue.	£1.00		
THE CASE FOR BETTER NHS SERVICES The ME Association's evidence to the 2009 All Party Parliamentary Group on ME Inquiry into NHS Services for people with ME/CFS in England, plus a copy of the final report of the APPG inquiry.	FREE		one copy only
THE MEA RAMSAY RESEARCH FUND EXPLAINED This leaflet focuses on how we spend money given to us for medical research, and why we spend it on biomedical research and not on psychological interventions. It lists recent studies we have funded.	FREE		one copy only
TRAVEL INSURANCE Free leaflet to help people with ME/CFS get the best value for their money while on the move. See also our leaflet on vaccinations and pre-travel health care and the TWIMC on travel and accommodation.	FREE		one copy only
ME CONNECT LEAFLETS			
ANXIETY AND PANIC ATTACKS – QUESTIONS ANSWERED Tips on managing anxiety and panic attacks. This leaflet also contains a list of other sources of support.	£1.00		
CARING FOR A PERSON WITH ME Support for carers and where to find out more.	£1.00		
COUNSELLING – YOUR QUESTIONS ANSWERED What is counselling? How can it help people with ME/CFS? How do you find a good counsellor? This leaflet answers all your questions.	£1.00		
EXPLAINING ME/CFS TO OTHER PEOPLE This leaflet contains an extensive range of articles that will help you challenge other people's misperceptions and prejudices about ME/CFS, while remaining on talking terms!	£2.00		
JUST DIAGNOSED? WE ARE HERE TO HELP NEW This booklet guides you gently through what is ME, how to manage your illness and gives simple advice about pacing. There's an introduction to benefits, guidance about your emotions and how to explain things to other people and where to start to get some help.	£2.00		
MANAGING YOUR EMOTIONS IN ME This leaflet gives advice about how to get through some of the difficult times in life.	£1.00		
ME – WHAT GETS IN THE WAY OF GOOD MANAGEMENT This leaflet discusses how careful management can help people control their ME and feel better.	£1.00		
'TO WHOM IT MAY CONCERN' LETTERS			
BLUE BADGE APPLICATIONS AND WHEELCHAIR USE IN ME/CFS Making it clear that applications should not be refused on the erroneous grounds that ME/CFS is psychological.	FREE		one copy only
DISABILITY AIDS, ADAPTATIONS AND SERVICES This letter summarises the evidence needed to back up your applications.	£1.00		
IMMUNISATIONS AND ME/CFS Summing up the evidence both for and against a link between immunisations and ME/CFS.	£1.00		
EXAMINATIONS AND ME/CFS Summing up the special arrangements that may be needed when students with ME/CFS sit exams.	£1.00		
TRAVEL AND ACCOMMODATION What travel companies, airlines and hotels should know about your requirements.	£1.00		
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ALL PRICES INCLUDE P&P		Cost per item	Quantity	Cost
BOOKS AND REPORTS				
	<p>Living with ME, self-help guide, 496pp by Dr Charles Shepherd, medical adviser to The MEA Published by Vermilion, 1999.</p>	£10.50		
	<p>Myalgic Encephalomyelitis and Post Viral Fatigue States: the saga of Royal Free Disease, 68pp Reprint of Dr Melvin Ramsay's book to mark the 50th anniversary in 2005 of the outbreak at the Royal Free Hospital Reprint published by The ME Association</p>	£6.00		
	<p>THE MEA 'PURPLE BOOK' – UPDATED FOR 2017 AFTER A MAJOR REVISION IN 2016 ME/CFS/PVFS: An Exploration of the Key Clinical Issues by MEA medical adviser Dr Charles Shepherd and consultant neurologist Dr Abhijit Chaudhuri. A major reworking of this book took place in 2016 to make it easier to read and understand. This latest 2017 revision means it now keeps its position as a leading guide to all the key findings relating to research, diagnosis and management of ME/CFS.</p>	<p>UK/BFPO £8.00 EUROPE £15.00 REST OF THE WORLD £18.00</p>		
	<p>ILLNESS MANAGEMENT SURVEY REPORT Buy a copy of the major, 32-page report of our Illness Management survey in which over 4,200 people took part – both online and through a paper questionnaire. The report was published in 2010; it gave us the results of the largest-ever survey of the opinions of people with ME/CFS into how they coped with their illness.</p>	£5.00		
	<p>CANADIAN CLINICAL GUIDELINES OVERVIEW Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: A Clinical Case Definition and Guidelines for Med Practitioners. Overview of the Canadian Clinical Guidelines</p>	£3.50		
	<p>MEA PIN BADGES In the shape of an ME Awareness blue ribbon that has been embossed with our charity's name Fastened to clothing by means of a butterfly fastener</p>	£3.60		
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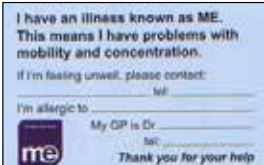
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MEA NOTELETS – LITTLE FLYING GEMS

Top quality – to replace our popular ‘Botanical’ notelets which are no longer available. Blank inside for your own message.

Five of each design in our packs of 10. **£3.50**



M.E. ALERT CARD

Credit card size – to keep in purse or wallet

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MEA HOODIES

Before ordering, please phone the office on 01280 818 968 to check on size availability.

UK price inc P&P £20.00



MEA T-SHIRT

It's real. It's physical. It's ME!

Purple 'Fruit of the Loom' cotton

In sizes: S, M, L, XL, XXL

State size(s) required **£8.00**

or two for **£14.00**



MEA TROLLEY/LOCKER COIN

Just the thing to keep on your key ring

each £2.00

six Trolley Coins for £10.00

12 for £18.00

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