



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 BEHAVIOUR THERAPY</p> <p>What is CBT? Why all the fuss about it? What happens if you go for a course of CBT? What questions do you need to ask? Our leaflet on CBT answers all your questions about this controversial talking therapy.</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>DENTAL CARE – YOUR QUESTIONS ANSWERED</p> <p>Thirteen questions about dental care answered by dental surgeon Dr Richard Cantillon – from ‘What kind of toothpaste should I use?’ through to subjects that continually come up in conversation, like the use of local anaesthetics and antibiotics, and mercury fillings.</p>	£1.00	
<p>DEPRESSION AND ANTI-DEPRESSANTS</p> <p>Dr Shepherd discusses when anti-depressants might be appropriate in ME/CFS, the need for careful management and sorts out the different types. Can anti-depressants be used to treat ME/CFS? He says the simple answer is ‘no’, but explains how given in lower doses they might help with pain relief and sleep disturbance.</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 + ME CONNECT LEAFLET ON PACING</p> <p>Balancing activity and rest is one of the most difficult aspects of managing your ME/CFS. Dr Shepherd’s management file on energy management gives some guidance on how to achieve the right balance. The ME Connect leaflet is an introduction to pacing, the system that helps many people with ME/CFS manage activity and rest.</p>	£1.00	

MEDICAL MANAGEMENT LEAFLETS (<i>continued</i>)	NORMAL PRICE	TICK BOX
<p>ESSENTIAL FATTY ACIDS AND EPA</p> <p>This leaflet 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>This leaflets weighs up the pros and cons of flu vaccinations for people with ME/CFS.</p>	£1.00	
<p>GASTRIC AND IRRITABLE BOWEL SYMPTOMS</p> <p>This leaflet looks at what other illnesses may be the cause and how the symptoms can best be managed. Also included is the NICE guideline on IBS and diet.</p>	£1.00	
<p>GOING INTO HOSPITAL</p> <p>This leaflet is 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	
<p>MUSCLE ENERGY SUPPLEMENTS</p> <p>This leaflet examines the scientific evidence for the use of over-the-counter supplements frequently taken by people with ME/CFS who believe they help reduce exercise-induced muscle fatigue. The four supplements discussed are carnitine, co-enzyme Q10, creatine and NADH/Enada.</p>	£1.00	
<p>NEW AND EXPERIMENTAL TREATMENTS</p> <p>This leaflet reviews a number of drugs, supplements and alternative treatments which in the last few years have been researched in the last few years, and mentions some that may be helpful for people with ME/CFS.</p>	£1.00	
<p>OBTAINING AN ILL-HEALTH PENSION + PROGNOSIS AND PERMANENCY</p> <p>Do you have a company pension and need to retire early? This leaflet is for you. It looks at the problems involved and gives sources of further information. If you are still at work and are thinking about joining a company pension scheme, it is a must. Also included is <i>Prognosis and Permanency</i>, our fully-referenced leaflet that tackles the problematical question: "Is the ill-health and disability likely to be permanent?"</p>	£1.00	
<p>PERMANENT HEALTH INSURANCE POLICIES</p> <p>This leaflet explains 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.</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>SORTING OUT SLEEP DISTURBANCE</p> <p>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).</p>	£1.00	
<p>SPECIALIST REFERRALS</p> <p>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.</p>	£1.00	
<p>STRESS, AND HOW TO HANDLE IT</p> <p>If not brought under control, stress can seriously damage your health. This leaflet explains the bodily mechanisms involved, and offers advice about coping strategies.</p>	£1.00	
<p>TEN KEY ASPECTS OF MANAGEMENT</p> <p>This leaflet looks at 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. Finally, there is advice about vitamins, minerals, supplements and nutrition and alternative and complementary approaches.</p>	£1.00	
<p>VACCINATIONS AND PRE-TRAVEL HEALTH CARE</p> <p>This leaflet looks at the pros and cons associated with vaccinations that may be recommended for foreign travel. It explains how you can obtain reliable information. It also discusses other precautions that may need to be taken when travelling abroad,</p>	£1.00	

MEDICAL MANAGEMENT LEAFLETS (<i>continued</i>)	NORMAL PRICE	TICK BOX
VITAMINS AND VITAMIN SUPPLEMENTS Is there any evidence that people with ME/CFS are vitamin-deficient? Are supplements of any value in ME/CFS? Can vitamins actually 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.	£1.00	
VITAMIN D DEFICIENCY There is a growing interest in the role of Vitamin D – dubbed “the sunshine vitamin” – both in the promotion of general health and wellbeing and in ME/CFS. This leaflet explores how the deficiency is diagnosed, the different treatments and the dangers of overdosing.	£1.00	
WHY TEST YOUR BLOOD? 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.	£1.00	
BENEFITS INFORMATION		
BENEFITS AND TAX CREDITS (INTRODUCTION) This leaflet outlines the benefits you may be able to obtain, including Statutory Sick Pay, Incapacity Benefit (for existing claimants only), Employment and Support Allowance, 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.	£1.00	
BLUE BADGE SCHEME This is a scheme that provides a range of parking concessions for people with disabilities. What are the qualifying criteria? How do you apply for a Blue Badge? Where can you use it? This leaflet answers all your questions.	£1.00	
DISABILITY LIVING ALLOWANCE This leaflet explains what it is, how to apply and what to do if you are turned down.	£1.00	
REVIEWS & APPEALS FOR DISABILITY LIVING ALLOWANCE & ATTENDANCE ALLOWANCE This is a general guide on what to do if you feel a decision about Disability Living Allowance or Attendance Allowance is wrong or needs reviewing. It touches on the complex legal regulations involved and gives useful contact numbers.	£1.00	
CHILDREN WITH ME		
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. In this leaflet 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. The leaflet also gives valuable information about looking after a child with the illness,	£1.00	
DIET AND NUTRITION		
HEALTHY EATING IN ME/CFS This leaflet by Rhona Wilson – formerly senior specialist dietitian at St Bartholomew’s Hospital in London – explains what people with ME/CFS should eat to achieve a balanced diet.	£1.00	
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? Registered dietitian Deborah Lycett discusses the use of diet to reduce unpleasant and even dangerous symptoms. She explores the use of probiotics, food sensitivity, coeliac disease, postural hypotension and anti-candida diets.	£1.00	
NUTRITIONAL SUPPLEMENTS IN ME/CFS - MYTH OR MIRACLE CURE? Registered dietitian Deborah Lycett assesses the scientific evidence for a number of supplements – some of which have a big following among people with ME/CFS. These include magnesium injections, Evening Primrose Oil, Omega-3 fish oil, Vitamin B6, NADH/Enada and L-carnitine.	£1.00	
GENERAL INFORMATION		
EXPLAINING ME/CFS TO PEOPLE If you are going into hospital, off to college or school, or anywhere where you will meet people who need to know about your symptoms, this tick-box leaflet has a list of symptoms that will make things clearer for them.	£1.00	

GENERAL INFORMATION LEAFLETS (<i>continued</i>)	NORMAL PRICE	TICK BOX
GETTING HELP FROM SOCIAL SERVICES If you have ME/CFS and it affects your daily life, you may be able to get help from your local social services or social work 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 with it.	£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 some of 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 a salutary reminder!	£1.00	
SUMMARY OF EVIDENCE FOR ME/CFS BEING A NEUROLOGICAL DISORDER This leaflet brings two articles together – a piece by neuropsychologist Dr Gudrun Lange, who uses brain imaging techniques in her work, and a brief prepared by Dr Charles Shepherd for a recent inquiry into the state of ME research funding in the UK.	£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	
COUNSELLING - YOUR QUESTIONS ANSWERED What is counselling? How can it help people with ME/CFS? How do you find a good counsellor? This leaflet from our ME Connect information and support service answers all the main questions.	£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	

New members paying by ANNUAL Standing Order may select leaflets at no extra charge to the total value of £10.00. People paying by any other method can select leaflets worth a total of £3.00.

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.