

Circulation to GPs, Practice Managers and related healthcare professionals.

Date as Postmark

Dear Colleague

I enclose the latest edition of our fully referenced book *ME/CFS/ PVFS: An Exploration of the Key Clinical Issues*, which I wrote in collaboration with consultant neurologist Dr Abhijit Chaudhuri.

ME/CFS is recognised to be a serious and debilitating condition by the Department of Health and Social Care, the Department for Work and Pensions and NICE. It is also classified as a neurological disease by the World Health Organisation.

Having worked in both general practice and hospital medicine, I appreciate that it is not possible to keep up to date with developments relating to both research and management in complex long-term illnesses like ME/CFS.

So this publication is intended to fully update healthcare professionals on current knowledge and opinion relating to research, diagnosis and all aspects of management. We hope it will also quash some of the myths and scepticism about the illness that still exist in some quarters.

One important development this year is the welcome decision by NICE to rewrite their guideline on ME/CFS. While the existing guideline remains in action, The MEA is asking NICE to remove the recommendation on graded exercise therapy (GET) in view of the widespread evidence from both patients and health professionals relating to the harm that GET can cause.

In support of this position, I have enclosed a letter to health professionals from a research group in America which also warns about the dangers of GET and why this approach is not consistent with research into dysfunctional energy metabolism in ME/CFS.

If you would like extra copies of the book for colleagues free of charge, please email or phone Gill Briody at our office.

Yours sincerely

Dr Charles Shepherd
Honorary Medical Adviser



The ME Association
7 Apollo Office Court
Radcliffe Road
Gawcott
Bucks MK18 4DF

Telephone 01280 818968

Email

meconnect@meassociation.org.uk

Website

www.meassociation.org.uk

Patrons

HRH The Duke of Kent
KG GCMG KCVO

The Countess of Mar
Etain, Lady Hagart-Alexander
Professor Peter Behan
Rt Hon John Bercow PC MP
Dr Anne Macintyre
John Rutter CBE

Panel of Advisers

Dr Charles Shepherd
Hon Medical Adviser

Dr Nigel Speight
Hon Paediatric Adviser

Dr Richard Cantillon
Hon Dental Adviser

Sue Luscombe
Hon Diet and Nutrition Adviser

Member of the
Telephone Helplines
Association

Quality and confidence for
callers to helplines

The Myalgic Encephalopathy
Association
Company limited by guarantee
No. 2361986
Registered in England
Registered Charity Number
801279