


ME Awareness Week

11th - 17th May 2020

The Lost Years

M.E. (myalgic encephalopathy or encephalomyelitis) is a complex multisystem disease with a wide range of disabling symptoms, for which there is no cure.

Lost dreams
Lost health
Lost lives



AMY
"I suffer with
PEM, confusion,
brain fog, nausea
and pain in
response to things
like walking more
than 50m or to
sitting upright
for too long..."

#TheLostYearsME



Get involved.
Help our campaign.
meassociation.org.uk