

# 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.

### MIKE

"I've had M.E. for 19 years. I am now well enough to work part-time but spend most evenings and weekend afternoons recovering in bed"

Lost  
dreams  
  
Lost  
health  
  
Lost  
lives

#TheLostYearsME



Get involved.  
Help our campaign.  
[meassociation.org.uk](http://meassociation.org.uk)