

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

JAZ

"I was 21 when I got M.E. and that was 12 years ago. I can barely sit up and am very sensitive to light and sound and have trouble eating. I also have POTS and dysautonomia. I am scared every day and need some hope that this will all get better"

#TheLostYearsME



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