

# 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

### FELIX

"I am completely exhausted. I suffer with nausea, dizziness and muscle pains. I am housebound and can't walk very far or look after myself. I can't think straight or remember things very well. M.E. stole my life"

#TheLostYearsME



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