

# YOUR MEA ORDER FORM

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‘IT’S REAL... IT’S PHYSICAL... IT’S ME’



## COVID-19

FREE INFORMATION LEAFLETS:

Coronavirus (Covid-19)  
and ME/CFS

Reducing the Risk of Having  
Coronavirus if you have  
ME/CFS

## LEAFLET ORDERING

**Due to the current situation with Coronavirus (Covid-19) we are unable to process paper order forms or post out printed leaflets until further notice.**

All of our leaflets can be purchased from our website shop. They are available for **download only** (print at home).

To visit our website shop, go to:

**[www.meassociation.org.uk/shop](http://www.meassociation.org.uk/shop)**

**Books, clothing and other merchandise are temporarily unavailable and we apologise for any inconvenience.**

Please use this order form for reference only.

## LEAFLETS - ALL PRICES INCLUDE P&amp;P

	COST EACH	QTY	TOTAL COST
<b>MEDICAL MANAGEMENT LEAFLETS</b>			
<b>A-Z OF SYMPTOM MANAGEMENT:</b> Lists all the main symptoms of ME/CFS and provides guidance on the use of drugs and other forms of treatment. Also contains information about other medical conditions that cause the same symptoms. <b>NEW. COMPLETELY REVISED IN 2020</b>	£1.00	<b>ONE ONLY</b>	
<b>ALTERNATIVE &amp; COMPLEMENTARY APPROACHES TO MANAGEMENT:</b> Looks at the pros and cons of the most popular alternative treatments on offer for ME/CFS.	£1.00		
<b>AMITRIPTYLINE EXPLAINED:</b> Describes the more common side-effects of this drug when used for pain relief or to help with sleep in ME/CFS, warns when it should not be taken, gives details of other medicines which alter its effects and indicates how it should best be used.	£1.00		
<b>ANAESTHETICS AND ME:</b> Covers the concerns that people with ME/CFS may face when they have to undergo an operation or invasive medical procedure. See also our leaflet Going into Hospital.	£1.00		
<b>ANXIETY AND PANIC ATTACKS – YOUR QUESTIONS ANSWERED:</b> Tips on managing anxiety and panic attacks. This leaflet also contains a list of other sources of support.	£1.00		
<b>BLOOD TESTS EXPLAINED:</b> At present, there is no diagnostic blood test for ME/CFS – but testing your blood is vital to rule out other illnesses that have similar symptoms.	£1.00		
<b>CANCER, CHEMOTHERAPY, RADIOTHERAPY AND ME/CFS:</b> Provides information on support that is available and advice on how to cope with what is obviously going to be a very difficult time. Also explains how cancer treatments may affect ME/CFS.	£1.00		
<b>COGNITIVE BEHAVIOUR THERAPY (CBT):</b> What is CBT? Why all the fuss? What happens if you go for a course of CBT? Our leaflet answers your questions about this talking therapy. There's also a summary of our report on CBT, GET and Pacing.	£1.00		
<b>COGNITIVE DYSFUNCTION ALSO KNOWN AS 'BRAIN FOG':</b> Difficulties with memory and concentration are often major issues for people with ME/CFS. This leaflet discusses coping strategies and whether drugs or supplements may help. It is also designed to help you explain these problems to employers, benefits agencies, etc.	£1.00		
<b>COLD HANDS AND FEET:</b> What causes these unpleasant symptoms and how might they be prevented and managed?	£1.00		
<b>CORONAVIRUS - REDUCING THE RISK IF YOU HAVE ME/CFS:</b> 10-point guide to the most important measures that will help to prevent you catching this infection.	FREE		
<b>COUNSELLING – YOUR QUESTIONS ANSWERED:</b> What is counselling? How can it help people with ME/CFS? How do you find a good counsellor? This leaflet answers all your questions.	£1.00		
<b>DENTAL CARE – YOUR QUESTIONS ANSWERED:</b> Dental surgeon Dr Richard Cantillon answers your questions – from which toothpaste to use to local anaesthetics, antibiotics, and mercury fillings.	£1.00		
<b>DEPRESSION AND ANTI-DEPRESSANTS:</b> Explains when anti-depressants may be appropriate in ME/CFS, and discusses the different types available. Dr Shepherd discusses how lower doses might help with pain and sleep disturbance.	£1.00		
<b>DISABILITY RATING SCALE:</b> Includes a self-assessment table that people with ME/CFS can use to measure their level of ability. It could be useful when talking to health professionals and when applying for benefits.	£1.00		
<b>DULOXETINE/CYMBALTA – ITS USE FOR PAIN RELIEF:</b> Recent research suggests this drug might be useful for the relief of fibromyalgic and neuropathic pain. Dr Shepherd discusses the evidence for and against.	£1.00		
<b>ENERGY MANAGEMENT + ME CONNECT LEAFLET ON PACING:</b> Balancing activity and rest is one of the most difficult aspects of managing your ME/CFS. Dr Shepherd's management file on energy management gives some guidance on how to achieve the right balance. The ME Connect leaflet is an introduction to pacing, the system that helps many people with ME/CFS manage activity and rest.	£1.00		
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**LEAFLETS - ALL PRICES INCLUDE P&P**

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## LEAFLETS - ALL PRICES INCLUDE P&amp;P

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<b>NATURE OF FATIGUE IN ME/CFS:</b> Describes the unique type of fatigue experienced by people with ME/CFS and why it is often used as a key diagnostic tool. In particular, this leaflet discusses carnitine, co-enzyme Q10, creatine and NADH/Enada.	£1.00		
<b>OBTAINING AN ILL-HEALTH PENSION + PROGNOSIS AND PERMANENCY:</b> Do you have a company pension and need to retire early? This leaflet looks at the problems involved and gives sources for further information. Prognosis and Permanency is a fully referenced leaflet that covers the thorny question: "Is the ill-health and disability likely to be permanent?"	£1.00		
<b>ORTHOSTATIC INTOLERANCE IN ME/CFS:</b> Orthostatic intolerance refers to problems in standing up or trying to remain standing. We regard orthostatic intolerance as a key as a key diagnostic feature of the illness. This leaflet explains what it is, how it's caused and what can be done to ease the symptoms. We have a separate leaflet on Postural Orthostatic Tachycardia Syndrome (PoTS).	£1.00		
<b>PAIN - COPING WITH PAIN:</b> Looks at the general principles of pain management and treatments in ME/CFS.	£1.00		
<b>POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME (PoTS):</b> Some people with ME/CFS also have this condition but it can remain undiagnosed because of a lack of knowledge among health professionals. Based on a workshop on PoTS presented by Prof. Julia Newton and the charity PoTS UK at an ME research conference in 2016.	£1.00		
<b>PREGNANCY, CHILDBIRTH AND ME/CFS:</b> What are the effects of pregnancy and childbirth on ME/CFS? Is the baby at risk? How do you cope after the baby is born? What about the father? These are just some of the questions considered.	£1.00		
<b>PREMENSTRUAL SYNDROME/FEMALE HORMONES:</b> Some women who have premenstrual syndrome symptoms also experience an exacerbation of their ME/CFS symptoms at this time. This leaflet looks at how this can be managed and also summarises the research that has been published into female hormone status in ME/CFS	£1.00		
<b>PVF and PVFS:</b> The ME Association has a lot of experience in dealing with people who develop prolonged and debilitating fatigue (sometimes with other symptoms as well) following a viral infection. This leaflet explains more about post-viral fatigue.	FREE	ONE ONLY	
<b>RELAPSES, EXACERBATIONS AND FLARE-UPS:</b> This leaflet explains how ME/CFS often involves relapses, exacerbations and flare-ups, and what causes this variability. It also discusses how to manage your ME/CFS when a relapse or exacerbation occurs.	£1.00		
<b>SEVERE ME/CFS – HELPING YOU COPE WITH IT:</b> A 12-page booklet giving practical advice and information about coping strategies for when you are very ill. It includes a two-page, personalised handout for the people most involved with your care. Also includes guidance on nutritional assessment in severe ME/CFS.	£3.00		
<b>SORTING OUT SLEEP DISTURBANCE + RESTLESS LEGS:</b> This leaflet looks at how sleep patterns can change in people with ME/CFS and what type of sleep disturbances commonly occur. It gives guidance on how sleep disturbance can be treated. Also included is information on Circadin (prescription-only melatonin) and an item on Restless Legs Syndrome.	£1.00		
<b>SPECIALIST REFERRALS:</b> This leaflet provides up-to-date information on how to find a hospital specialist in ME/CFS – although in some areas of the UK they are in very short supply. It also discusses the specialist NHS services in England for people with ME/CFS, and has a section about paying privately to see a specialist.	£1.00		
<b>STOMACH AND IRRITABLE BOWEL SYMPTOMS:</b> This leaflet covers irritable bowel symptoms, how they are treated using drugs and self-help measures, and information on other conditions with similar symptoms.	£1.00		
<b>STRESS, AND HOW TO HANDLE IT:</b> Stress can seriously damage your health. This explains what's involved and offers coping strategies.	£1.00		
<b>TEN KEY ASPECTS OF MANAGEMENT:</b> This leaflet discusses all the issues that you need to know about as you struggle to cope with your illness. It also highlights sources of additional detailed support from both within the ME Association and elsewhere. Keep it by you as you go through life. You never know when you might need it next. <b>COMPLETELY REVISED</b>	FREE	ONE ONLY	
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	COST EACH	QTY	TOTAL COST
<b>THYROID DISEASE AND ME/CFS:</b> Information on the thyroid gland, thyroid function tests, treatment of thyroid disease, and the overlap with ME/CFS.	£1.00		
<b>TREATING ME/CFS, INCLUDING NEW AND EXPERIMENTAL APPROACHES TO MANAGEMENT:</b> Reviews all the new drugs, supplements and alternative treatments that are now being used, or are being assessed in clinical trials, for the management of ME/CFS.	£1.00		
<b>VACCINATIONS AND PRE-TRAVEL HEALTH PLANNING:</b> Everything you need to know about preparing for a trip abroad. We also have a separate letter for travel operators about adjustments and assistance that may be required by people with ME/CFS (see 'To Whom It May Concern' Letter on page 7) and a leaflet covering Travel Insurance.	£1.00		
<b>VITAMINS AND VITAMIN SUPPLEMENTS:</b> Everything you need to know about vitamins and vitamin supplements (and more).	£1.00		
<b>VITAMIN B12 – COULD IT BE A SAFE AND EFFECTIVE FORM OF TREATMENT?:</b> We receive regular queries and feedback about the use of vitamin B12 in ME/CFS. This used to be prescribed by doctors as a 'tonic' for people with a variety of complaints, especially those involving fatigue, but it is no longer used in this way. In this leaflet, Dr Charles Shepherd weighs up the evidence for and against its use.	£1.00		
<b>WHAT DO WE KNOW ABOUT THE CAUSES OF ME/CFS?:</b> Dr Shepherd ponders the big questions and suggests ideas for future research.	£1.00		
<b>VITAMIN D DEFICIENCY:</b> There is a growing interest in the role of Vitamin D – the 'sunshine vitamin' – in ME/CFS. This leaflet explores how the deficiency is diagnosed, the different treatments and the dangers of overdosing.	£1.00		
<b>DIET AND NUTRITION</b>			
<b>HEALTHY DIET IN ME/CFS:</b> ME/CFS can have far reaching effects on day-to-day diet and eating. This leaflet explores current evidence about diet and healthy eating in relation to ME/CFS and the myths around them.	£1.00		
<b>NUTRITIONAL SUPPLEMENTS IN ME – MYTH OR MIRACLE CURE?:</b> This leaflet assesses the evidence for a number of supplements, some of which have a big following among people with ME/CFS. They include magnesium injections, Evening Primrose Oil, Omega-3 fish oil, Vitamin B6, NADH/Enada and L-carnitine.	£1.00		
<b>CHILDREN AND ADOLESCENTS</b>			
<b>CHILDREN AND ADOLESCENTS:</b> A free-to-access 44-page medical review covering both diagnosis and management of young people with ME/CFS, co-authored by MEA paediatric adviser Dr Nigel Speight, can be downloaded here: <a href="https://tinyurl.com/vvcv7yh">https://tinyurl.com/vvcv7yh</a> . We can supply a paper copy if you do not have computer access.  We can also supply a paper copy of the chapter on children and adolescents in the MEA purple book. In addition to diagnosis and management, this covers issues relating to education and child protection.	Paper copy of the 44 page medical review: <b>£1.50 (UK); £4.50 (EUR); £6.00 (ROW)</b>  Paper copy of the chapter on children and adolescents: <b>£1.00 (UK); £1.50 (EUR) £2.00 (ROW)</b>		
<b>EDUCATION AND EMPLOYMENT</b>			
<b>EMPLOYMENT ISSUES AND ME/CFS:</b> An eight-page leaflet looking at the options facing someone at work, work-related benefits, the practical and financial help that may be available, ill-health retirement, taking 'Disability Leave' and the relevant laws. Contains new insert on 'Disability Passports', a scheme to help disabled people keep their jobs or to use when they consider a return to work.	£3.00		
<b>UNIVERSITY AND ME:</b> Leaving home and heading off to university can be a daunting time for any person, particularly for those with a fluctuating and often hidden condition, such as ME. This leaflet by Pippa Stacey will help you to make the transition and come to the right decisions.	£1.00		
<b>10 KEY POINT ON EMPLOYMENT, ME/CFS AND THE CORONAVIRUS:</b> A summary of basic factual information that needs to be taken into consideration with respect to employment that should help if you encounter any difficulties.	FREE	ONE ONLY	
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<b><u>CARERS AND SOCIAL CARE</u></b>			
<b>CARING FOR A PERSON WITH ME:</b> Support for carers and where to find out more.	£1.00		
<b>CARER'S ALLOWANCE:</b> This leaflet explains what it is, how to apply and what to do if you are turned down.	£1.00		
<b>GETTING HELP FROM SOCIAL SERVICES:</b> If you have ME and it affects your daily life, you may be able to get help from your local social services department. This essential guide, written by independent health writer and researcher Cathy Stillman-Lowe, tells you how the system works, and how to complain if you are not satisfied with the results of your application.	£1.00		
<b>ME AND MY CARER:</b> Few people really understand the effects of ME/CFS. This tick-box leaflet will help you get across the complexities of ME/CFS and how it affects you in particular. It is a good leaflet for carers – even for close members of the family who may sometimes need reminding of how ill you are.	£1.00		
<b><u>BENEFITS AND INSURANCE</u></b>			
<b>BENEFITS AND TAX CREDITS (INTRODUCTION):</b> Tells you about DWP benefits including Sick Pay, Employment & Support Allowance, Income Support, Personal Independence Payment, Industrial Injuries Disablement Benefit, Jobseeker's Allowance, Working Tax Credit, Universal Credit, Attendance Allowance, Child Tax Credit, Travel & Parking Concessions.	£1.00		
<b>BLUE BADGE SCHEME:</b> How to apply for this parking concession and our 'To Whom It May Concern' letter supporting an application.	£1.00		
<b>CORONAVIRUS - YOUR BENEFITS DURING THE CORONAVIRUS CRISIS:</b> An up-to-date summary of benefits from our welfare rights adviser, Ann Innes.	£1.00		
<b>DISABLED FACILITIES GRANT:</b> Getting help with adaptations to your home.	FREE	ONE ONLY	
<b>ESA – THE MEA GUIDE TO FILLING IN THE FORM:</b> 35 pages. Our new three-part guide to assist people who intend to claim ESA and/or Universal Credit on ill-health grounds.	£3.00		
<b>PERMANENT HEALTH INSURANCE POLICIES:</b> Explains the ins and outs of buying this type of insurance, which is also known as Income Protection Insurance, and what you should be aware of when making a claim, or becoming involved in a dispute.	£1.00		
<b>PIP – THE MEA GUIDE TO FILLING IN THE FORM:</b> Our guide on how to complete the paperwork, and make the most of your application for this benefit. PIP has replaced the Disability Living Allowance for all new applications. DLA can still be claimed for children below the age of 16.	£3.00		
<b>RECONSIDERATIONS AND APPEALS FOR ESA AND PIP:</b> The ME Association's guide to challenging decisions that go against you after you've applied for Employment and Support Allowance (ESA) and Personal Independence Payment (PIP). The same rules apply for each benefit.	£3.00		
<b>TOP TIPS WHEN CLAIMING BENEFIT:</b> If you're faced with the daunting task of filling in one of those complicated claims forms for ESA, PIP or Universal Credit, read our welfare rights adviser Ann Innes' seven top tips. It could make all the difference to the quality of your application!	FREE	ONE ONLY	
<b>TRAVEL INSURANCE:</b> Helping people with ME/CFS get the best value for their money while on the move. See also our leaflet on vaccinations and pre-travel health care and the 'To Whom it may Concern' letter on travel and accommodation.	£1.00		
<b>UNIVERSAL CREDIT EXPLAINED:</b> A guide to Universal Credit (UC) - a new, non-taxable benefit for people of working age that has been introduced to replace means-tested benefits (excluding Council Tax Reduction, which is still claimed separately via your local authority).	FREE	ONE ONLY	
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	COST EACH	QTY	TOTAL COST
<b><u>GENERAL INFORMATION</u></b>			
<b>BOOK LIST:</b> A short list of self-help books, reports and literature about ME/CFS.	FREE	ONE ONLY ONE ONLY ONE ONLY ONE ONLY	
<b>LEAVING MONEY TO THE ME ASSOCIATION:</b> Our leaflet on adding a codicil to your will.	FREE		
<b>ME/CFS – YOUR QUESTIONS ANSWERED:</b> Aimed at those who don't have any basic information about this illness. This leaflet lays out the most important things you need to know in order to grasp the scale, intensity and sometimes the ferocity of this illness..	FREE		
<b>THE CASE FOR BETTER NHS SERVICES:</b> The ME Association's evidence to the 2009 All Party Parliamentary Group on ME Inquiry into NHS Services for people with ME/CFS in England, plus a copy of their final report.	FREE		
<b><u>FREE FACTSHEETS</u></b>			
<b>WHAT YOU NEED TO KNOW ABOUT ME:</b> Aimed at those who come unarmed with any information about this illness. This leaflet lays out the basic things you need to know in order to grasp its scale, intensity and ferocity.	FREE	ONE ONLY	
<b>MEA RAMSAY RESEARCH FUND:</b> This leaflet describes the operation of our designated research fund, which has donated over £1m to biomedical research in recent years and continues to invest heavily in cutting-edge projects.	FREE	ONE ONLY	
<b>MEA RESEARCH SUMMARY:</b> A glorious immersion into the dizzying world of biomedical research into ME/CFS, which has been gathering pace in recent years. It updates on our state of knowledge as at the end of December 2018.	FREE	ONE ONLY	
<b><u>'TO WHOM IT MAY CONCERN' LETTERS</u></b>			
<b>BLUE BADGE APPLICATIONS AND WHEELCHAIR USE IN ME/CFS:</b> Making it clear that applications should not be refused on the erroneous grounds that ME/CFS is psychological.	FREE	ONE ONLY	
<b>DISABILITY AIDS, ADAPTATIONS AND SERVICES:</b> This letter summarises the evidence needed to back up your applications.	£1.00		
<b>IMMUNISATIONS AND ME/CFS:</b> Summing up the evidence both for and against a link between immunisations and ME/CFS.	£1.00		
<b>EXAMINATIONS AND ME/CFS:</b> Summing up the special arrangements that may be needed when students with ME/CFS sit exams.	£1.00		
<b>TRAVEL AND ACCOMMODATION:</b> What travel companies, airlines and hotels should know about your requirements.	£1.00		
<b>VULNERABILITY AND ME/CFS:</b> A letter that explains why people with a diagnosis of M.E. should be regarded as vulnerable and are deserving of increased support where required.	£1.00		

# ME CONNECT

## We're here to help



Do you need to talk?

ME Connect is the telephone helpline service of the ME Association. It provides information and support for people with ME and those who live with or care for them.

ME Connect provides a safe and understanding environment for people with ME so that they know they are being heard and understood.

**ME Connect is a member of the Helplines Partnership which promotes high standards.**

**CALL 0344 576 5326**

10am-12noon  
2pm-4pm, 7pm-9pm  
every day of the year



**Calls cost the same as other standard landline numbers (starting 01 or 02).  
If you have a call package for your landline or mobile phone then  
calls will normally come out of your inclusive minutes.**