



OFFER OF LEAFLETS TO NEW MEMBERS

New members paying by ANNUAL Standing Order may select leaflets at no extra charge to the total value of £10.00. People paying by any other method can select leaflets worth a total of £3.00.

When you have ticked the relevant boxes, please return this list with your Membership Application Form.

**If you select more leaflets than your £10-worth (or £3-worth), please pay for the additional ones by increasing the value of your payment to
The ME Association.**



OFFER OF LEAFLETS TO NEW MEMBERS

All new members agreeing to pay for their membership by Annual Standing Order may select £10 worth of the £1 leaflets of their choice, at no extra charge. They are listed below. Please tick the relevant boxes and send with your application form. If you pay by another method, you may select leaflets to the value of £3.00.

MEDICAL MANAGEMENT LEAFLETS	NORMAL PRICE	TICK BOX
<p>ABC OF SYMPTOM RELIEF</p> <p>Lists all the main symptoms of ME/CFS that may affect sufferers with guidance about alleviating symptoms, and advice about other illnesses that may have similar symptoms.</p>	£1.00	
<p>ALTERNATIVE & COMPLEMENTARY APPROACHES TO MANAGEMENT</p> <p>Looks at the pros and cons of the most popular alternative treatments on offer for ME/CFS – from Acupuncture to Vitamins.</p>	£1.00	
<p>AMITRIPTYLENE – ITS USE IN PATIENTS WITH ME/CFS</p> <p>Amitriptylene can be recommended for muscle, joint or nerve pain relief when ordinary pain-killers are not effective and can sometimes help with sleep problems as well. The leaflet describes the more common side-effects, warns when it should not be taken, gives details of other medicines which alter its effects and indicates what should and should not be done when taking it.</p>	£1.00	
<p>ANAESTHETICS AND ME</p> <p>This leaflet 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 <i>Going into Hospital</i>.</p>	£1.00	
<p>CANCER, CHEMOTHERAPY, RADIOTHERAPY AND ME/CFS</p> <p>Although there is no firm evidence that ME/CFS increases the risk of cancer, it can occasionally occur. This leaflet provides information on support that is available and advice on how to cope with what is obviously going to be a very difficult time. It also explains how the various types of cancer treatments may affect ME/CFS.</p>	£1.00	
<p>COGNITIVE BEHAVIOUR THERAPY</p> <p>What is CBT? Why all the fuss about it? What happens if you go for a course of CBT? What questions do you need to ask? Our leaflet on CBT answers all your questions about this controversial talking therapy.</p>	£1.00	
<p>COGNITIVE DYSFUNCTION – two leaflets</p> <p>Difficulties with memory and concentration are a common and sometimes major issue for people with ME/CFS. Our first leaflet covers practical coping strategies and discusses whether drugs and supplements may help. The second leaflet is designed to explain these difficulties to employers, benefits agencies, etc.</p>	Both for £1.00	
<p>COPING WITH PAIN</p> <p>Four in every five people with ME/CFS experience pain. When it occurs, it can do so in many different forms and with varying degrees of severity. This leaflet looks at the general principles of pain management and treatments involving both drug and non-drug approaches.</p>	£1.00	
<p>DENTAL CARE – YOUR QUESTIONS ANSWERED</p> <p>Thirteen questions about dental care answered by dental surgeon Dr Richard Cantillon – from “What kind of toothpaste should I use?” through to subjects that continually come up in conversation, like the use of local anaesthetics and antibiotics, and mercury fillings. Also included is a Question and Answer that covers dental anaesthesia in more detail.</p>	£1.00	
<p>DEPRESSION AND ANTIDEPRESSANTS</p> <p>Dr Shepherd discusses when antidepressants might be appropriate in ME/CFS, the need for careful management and sorts out the different types. Can antidepressants be used to treat ME/CFS? He says the simple answer is ‘no’, but explains how lower doses might help with pain and sleep disturbance.</p>	£1.00	
<p>DISABILITY RATING SCALE</p> <p>This leaflet includes a self-assessment table that people with ME/CFS can use to measure their level of ability. It could well be useful when talking to health professionals and when applying for benefits.</p>	£1.00	

MEDICAL MANAGEMENT LEAFLETS <i>(continued)</i>	NORMAL PRICE	TICK BOX
<p>EMPLOYMENT AND ME/CFS</p> <p>Information and advice about stopping work or cutting back hours, keeping in touch with people at work while off sick, and negotiating a possible return to work. This leaflet also looks at work-related benefits, other types of practical and financial help that may be available, early retirement on the grounds of ill-health, and how the Disability Discrimination Act relates to ME/CFS.</p>	£1.00	
<p>ENERGY MANAGEMENT + ME CONNECT LEAFLET ON PACING</p> <p>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 their activity and rest.</p>	£1.00	
<p>ESSENTIAL FATTY ACIDS AND EPA</p> <p>This leaflet explains what these are, why they might be beneficial for people with ME/CFS and what side-effects can happen. It explains the science and why The ME Association sells Evening Primrose Oil and Fish Oil supplements.</p>	£1.00	
<p>FATIGUE IN ME/CFS</p> <p>This leaflet describes the unique type of fatigue experienced by people with ME/CFS and why it is often used as a key diagnostic tool. We need to know what we mean by fatigue and fatiguability in ME/CFS and the way it differs from the chronic fatigue that occurs in a wide range of other illnesses.</p>	£1.00	
<p>FLU VACCINATIONS</p> <p>This leaflet weighs up the pros and cons of flu vaccinations for people with ME/CFS.</p>	£1.00	
<p>GABAPENTIN – AN OPTION FOR MODERATE TO SEVERE PAIN</p> <p>Dr Shepherd discusses when and why this drug might be used to treat moderate to severe pain</p>	£1.00	
<p>GASTRIC AND IRRITABLE BOWEL SYMPTOMS</p> <p>This leaflet looks at what other illnesses may be the cause and how the symptoms can best be managed. Also included is the NICE guideline on IBS and diet.</p>	£1.00	
<p>GOING INTO HOSPITAL</p> <p>This leaflet is for people with ME/CFS who are going into hospital. It suggests what you should consider before admission and how to explain to and discuss your symptoms with the doctor and nursing staff. See also our leaflets <i>Anaesthetics and ME</i> and <i>Explaining ME to People</i>.</p>	£1.00	
<p>HOW TO DEAL WITH YOUR DOCTOR</p> <p>Dealing mainly with relationships with your GP, Dr Shepherd discusses the options about what to do if things are not working out well. He also briefly discusses hospital doctors and private specialists.</p>	£1.00	
<p>LYME DISEASE, THE INTERNET MYTHS</p> <p>This leaflet is by Dr Darrel Ho-Yen, who is senior microbiologist at the Raigmore Hospital, Inverness, and runs the Lyme Disease registry in Scotland. There are many myths about LD that are published on the internet; Dr Ho-Yen lays some of them to rest.</p>	£1.00	
<p>MUSCLE ENERGY SUPPLEMENTS</p> <p>This leaflet examines the scientific evidence for the use of over-the-counter supplements frequently taken by people with ME/CFS who believe they help reduce exercise-induced muscle fatigue. Four supplements are discussed: carnitine, co-enzyme Q10, creatine and NADH/Enada.</p>	£1.00	
<p>NEW AND EXPERIMENTAL TREATMENTS</p> <p>This leaflet reviews some drugs, supplements and alternative treatments that have been researched recently, and mentions some that may help people with ME/CFS.</p>	£1.00	
<p>OBTAINING AN ILL-HEALTH PENSION + PROGNOSIS AND PERMANENCY</p> <p>Do you have a company pension and need to retire early? This leaflet looks at the problems involved, and gives sources of further information. If you are still at work and are thinking about joining the company's pension scheme, it is a must. <i>Prognosis and Permanency</i> is a fully referenced leaflet that covers the thorny question: "Is the ill-health and disability likely to be permanent?"</p>	£1.00	
<p>ORTHOSTATIC INTOLERANCE IN ME/CFS (and information on P.O.T.S.)</p> <p>Orthostatic intolerance refers to problems relating to standing up or trying to remain standing. Some doctors regard it as a key diagnostic feature. This leaflet explains what it is, how it's caused and what can be done to ease the symptoms. Also included is information on Postural Orthostatic Tachycardia Syndrome (POTS).</p>	£1.00	
<p>PERMANENT HEALTH INSURANCE POLICIES</p> <p>The ins and outs of buying this type of insurance, which is also known as Income Protection</p>	£1.00	
<p>PREGNANCY, CHILDBIRTH AND ME/CFS</p> <p>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 some of the questions considered.</p>	£1.00	

MEDICAL MANAGEMENT LEAFLETS <i>(continued)</i>	NORMAL PRICE	TICK BOX
<p>RELAPSES, EXACERBATIONS AND FLARE-UPS</p> <p>This leaflet explains the differences between these three different stages of the illness and offers some advice about how they can be avoided or their worst effects ameliorated.</p>	£1.00	
<p>RITUXIMAB – COULD IT BE A TREATMENT FOR ME/CFS?</p> <p>Dr Charles Shepherd answers your questions about whether this drug, developed for the treatment of cancer, could have an application in treating some forms of ME/CFS. It is too early to draw any conclusions.</p>	£1.00	
<p>SORTING OUT SLEEP DISTURBANCE + RESTLESS LEGS</p> <p>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</p>	£1.00	
<p>SPECIALIST REFERRALS</p> <p>This leaflet gives 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.</p>	£1.00	
<p>STRESS, AND HOW TO HANDLE IT</p> <p>If not brought under control, stress can seriously damage your health. This leaflet explains the mechanisms involved, and offers advice about coping strategies.</p>	£1.00	
<p>ME/CFS – IT IS A NEUROLOGICAL DISEASE</p> <p>This leaflet brings two articles together. In the first, Dr Charles Shepherd summarises the overwhelming evidence that this illness has a neurological basis. In the second, neuropsychologist Dr Gudrun Lange, who uses brain imaging techniques, confirms the presence of structural brain abnormalities in ME/CFS.</p>	£1.00	
<p>TEN KEY ASPECTS OF MANAGEMENT</p> <p>This leaflet looks at diagnosis, finding a doctor who can help, drug treatment, energy management, dealing with emotional issues and sorting out work, education and family responsibilities. There is a section on state and private sector benefits and another on social support, practical assistance and carers. Finally, there is advice about vitamins, minerals, supplements and nutrition, and alternative and complementary approaches.</p>	£1.00	
<p>VACCINATIONS AND PRE-TRAVEL HEALTH CARE</p> <p>What are the pros and cons associated with vaccinations that may be recommended for foreign travel? Where can you obtain reliable information on what may be required? What other precautions need to be taken if you are going abroad on holiday this year? This leaflet answers all your questions.</p>	£1.00	
<p>VITAMINS AND VITAMIN SUPPLEMENTS</p> <p>Is there any evidence that people with ME/CFS are vitamin-deficient? Are supplements of any value in ME/CFS? Can taking vitamins harm your health? Is it worth having a blood test for vitamin deficiency? These and many other questions about vitamins are answered in this leaflet.</p>	£1.00	
<p>VITAMIN D DEFICIENCY</p> <p>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 overdosing dangers.</p>	£1.00	
<p>WHY TEST YOUR BLOOD?</p> <p>At present, there is no diagnostic blood test for ME/CFS – but testing your blood is essential to rule out other illnesses that can cause similar symptoms. This leaflet looks at what blood tests can reveal.</p>	£1.00	
BENEFITS AND SOCIAL CARE LEAFLETS		
<p>BENEFITS AND TAX CREDITS (INTRODUCTION)</p> <p>This leaflet outlines the benefits you may be able to obtain. These include Statutory Sick Pay, Incapacity Benefit (for existing claimants only), Employment and Support Allowance, Income Support, Industrial Injuries Disablement Benefit, Jobseeker’s Allowance, Working Tax Credit, Disability Living Allowance, Attendance Allowance, Child Tax Credit, Travel and Parking Concessions and Road Tax Exemption.</p>	£1.00	
<p>BLUE BADGE SCHEME</p> <p>This is a scheme that provides a range of parking concessions for people with disabilities. This leaflet answers frequent questions, and a letter to the council to support your application is included. Also included is an item on changes to the scheme from the February 2011 issue of <i>ME Essential</i></p>	£1.00	
<p>CARER’S ALLOWANCE</p> <p>This leaflet explains what it is, how to apply and what to do if you are turned down.</p>	£1.00	
<p>DISABILITY LIVING ALLOWANCE</p> <p>This leaflet explains what it is, how to apply and what to do if you are turned down.</p>	£1.00	
<p>GETTING HELP FROM SOCIAL SERVICES</p> <p>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 happy.</p>	£1.00	

BENEFITS AND SOCIAL CARE LEAFLETS <i>(continued)</i>	NORMAL PRICE	TICK BOX
ME AND MY CARER 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.	£1.00	
REVIEWS & APPEALS FOR DLA AND ATTENDANCE ALLOWANCE This is a general guide on what to do if you feel a decision about Disability Living Allowance or Attendance Allowance is wrong or needs reviewing. It touches on the complex legal regulations involved, and gives useful contact numbers.	£1.00	
CHILDREN AND ME		
ME, CHILDREN AND YOUNG PEOPLE ME is the commonest cause of long-term absence from school. In this leaflet, Jane Colby of the Young ME Sufferers Trust describes how children can get help and lists the support available from local education authorities in making necessary adjustments to their education. Also valuable advice on how to look after a child.	£1.00	
DIET AND NUTRITION		
DIET AND ME/CFS – THE STORY SO FAR There are many theories that certain diets will improve the symptoms of ME/CFS. Just anecdotes or is there proof they work? Registered dietitian Deborah Lycett discusses the use of diet – in the process exploring probiotics, food sensitivity, coeliac disease, postural hypotension and ‘anti-candida’ diets.	£1.00	
HEALTHY EATING IN ME/CFS This leaflet by Rhona Hobday– formerly senior specialist dietitian at St Bartholomew’s Hospital in London – explains what people with ME/CFS should eat to achieve a balanced diet.	£1.00	
NUTRITIONAL SUPPLEMENTS IN ME – MYTH OR MIRACLE CURE Registered dietitian Deborah Lycett assesses the scientific 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	
GENERAL INFORMATION		
EXPLAINING ME/CFS TO PEOPLE If you are going into hospital, off to college or school, or anywhere where you will meet people who need to know about your symptoms, this tick-box leaflet has a list of symptoms which will make things clearer.	£1.00	
ME/CFS – YOUR QUESTIONS ANSWERED This leaflet explains ME/CFS and Post Viral Fatigue Syndrome (PVFS). It also discusses what makes the illness so different from other possible causes of chronic fatigue.	£1.00	
ME CONNECT LEAFLETS		
ANXIETY AND PANIC ATTACKS – QUESTIONS ANSWERED Tips on managing anxiety and panic attacks. This leaflet also contains a list of other sources of support.	£1.00	
CARING FOR A PERSON WITH ME Support for carers, and where to find out more.	£1.00	
COUNSELLING – YOUR QUESTIONS ANSWERED What is counselling? How can it help people with ME/CFS? How do you find a good counsellor?	£1.00	
SEVERE ME – ESSENTIAL INFORMATION This leaflet deals with frequently asked questions, and looks at our disability rating scale.	£1.00	
MANAGING YOUR EMOTIONS IN ME This leaflet gives advice about how to get through some of the difficult times in life.	£1.00	
ME – WHAT GETS IN THE WAY OF GOOD MANAGEMENT This leaflet discusses how careful management can help people control their ME and feel better.	£1.00	
‘TO WHOM IT MAY CONCERN’ LETTERS		
DISABILITY AIDS, ADAPTATIONS AND SERVICES This letter summarises the evidence needed to back up your applications.	£1.00	
IMMUNISATIONS AND ME/CFS Summarising the evidence both for and against a link between immunisations and ME/CFS. Of interest to lawyers researching in this area and healthcare professionals.	£1.00	
EXAMINATIONS AND ME/CFS Summarising the special arrangements that may need to be planned so that students with ME/CFS can make the best use of their potential when taking exams and the special considerations that may be required when marking papers.	£1.00	