

Information sheets

The ME Association has a wide range of leaflets and booklets on all aspects of the illness. These include:

- Our guide for doctors – *ME/CFS/PVFS: An exploration of the key clinical issues*
- ME/CFS: your questions answered
- Employment and ME/CFS
- ESA - Our Guide to Filling in the Form
- Cognitive Behaviour Therapy
- Coping with Pain
- Dental Care: your questions answered
- Depression and Antidepressants
- Energy Management
- Fatigue in ME/CFS
- Gastric and Irritable Bowel Symptoms
- Going into Hospital
- Muscle Energy Supplements
- Orthostatic Intolerance in ME/CFS
- Permanent Health Insurance Policies
- Pregnancy, Childbirth and ME/CFS
- Sorting out Sleep Disturbance
- Stress and how to handle it
- Vaccinations and Pre-Travel Healthcare
- Vitamins and Vitamin Supplements
- ME, Children and Young People
- Anxiety & Panic Attacks

Visit our website to download our 8-page Order Form which gives you all the details about our leaflets, booklets and merchandise:

www.meassociation.org.uk
or contact us on: 01280 818968

And, if you need to talk to someone about your illness, don't forget our ME Connect helpline:



0844 576 5326 open daily
10am-12noon, 2-4pm, 7-9pm
or email:

meconnect@meassociation.org.uk

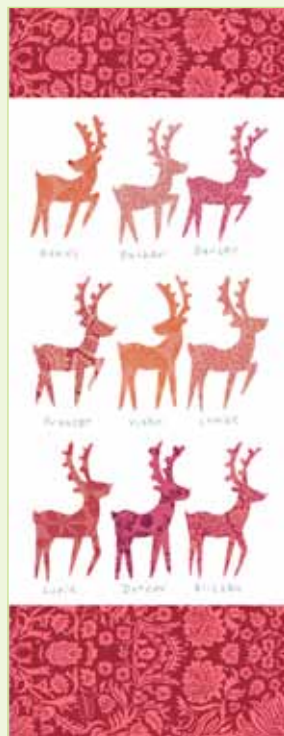
MEA Christmas Cards

2012

If you would like to order some MEA Christmas Cards, please complete the order form below.



Three Kings



Santa's Reindeer

Each pack of 10 cards and envelopes comes with a greeting inside each card that reads: *With all Good Wishes for Christmas and the New Year.*

ORDER NOW ● ORDER NOW ● ORDER NOW ●

Please send me:	Qty	Price	Total(£)
Three Kings		£3.50 inc p&p	
Santa's Reindeer		£3.50 inc p&p	

Total payment (inc postage and packing)

Payment (Please tick/fill in your preferred method of payment and add your name and address details)

Cheque/ Postal Order made out to **ME and You Ltd** enclosed.

Visa
 Mastercard
 Delta
 Maestro/Switch

Card No.

Start date Expiry date

Signature

Name

Address

..... Postcode

Tel Date

Please complete and return this form, together with your payment, to: **ME Association, 7 Apollo Office Court, Radclive Road, Gawcott, Bucks MK18 4DF.**