



INFORMATION ON ME/CFS

FACTS ABOUT ME/CFS

- **ME/CFS is a multisystem disease**
Involving the brain, muscle, immune and neuroendocrine (hormone producing) systems.
- **ME/CFS is a long-term illness that causes substantial disability**
Causing an inability to perform everyday activities of daily living (bathing, dressing, cooking, eating etc)
- **ME/CFS affects a person's quality of life**
People with the disease have a lower quality of life in comparison to other serious conditions
- **Treatment for ME/CFS**
There is currently no cure or effective treatment for the disease. Pacing, activity and energy management can help some to stabilise symptoms.
- **Prevalence**
Research estimates around 400,000 people in the UK have ME/CFS - 62% increase in previous figures. Some people with Long Covid fit diagnostic criteria for ME/CFS.
- **Severity**
75% may be mild/moderate with relapses that may be severe in nature. 25% of people with ME/CFS are severely or very severely affected - needing 24/7 care



Registered Charity
Number 801279

**Myalgic Encephalomyelitis
/Chronic Fatigue Syndrome**

www.meassociation.org.uk

