

OFFER OF LEAFLETS TO NEW MEMBERS

All new members agreeing to pay for their membership by **Annual Standing Order** may select £10 worth of our £1 leaflets of their choice – at no extra charge. They are listed below. Please tick the relevant 10 boxes and return this list with your application form.

MEDICAL MANAGEMENT LEAFLETS	NORMAL PRICE	TICK BOX
ALTERNATIVE & COMPLEMENTARY APPROACHES TO MANAGEMENT: Looks at the pros and cons of the most popular alternative treatments on offer for ME/CFS.	£1	
AMITRIPTYLINE EXPLAINED: 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	
ANAESTHETICS AND ME: 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> .	£1	
BLOOD TESTS EXPLAINED: 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	
CANCER, CHEMOTHERAPY, RADIOTHERAPY AND ME/CFS: 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	
COGNITIVE BEHAVIOUR THERAPY (CBT): 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	
COGNITIVE DYSFUNCTION ALSO KNOWN AS 'BRAIN FOG': 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	
COLD HANDS AND FEET: What causes these unpleasant symptoms and how might they be prevented and managed?	£1	
COPING WITH PAIN: Looks at the general principles of pain management and treatments in ME/CFS.	£1	
DENTAL CARE – YOUR QUESTIONS ANSWERED: Dental surgeon Dr Richard Cantillon answers your questions – from which toothpaste to use to local anaesthetics, antibiotics, and mercury fillings.	£1	
DEPRESSION AND ANTI-DEPRESSANTS: 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	
DISABILITY RATING SCALE: 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	
DULOXETINE/CYMBALTA – ITS USE FOR PAIN RELIEF: 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	
ENERGY MANAGEMENT + ME CONNECT LEAFLET ON PACING: 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 technique that helps many people with ME/CFS manage activity and rest.	£1	
ESSENTIAL FATTY ACIDS AND EPA: Explains what these are, why they might be beneficial for people with ME/CFS and what side-effects can occur. The leaflet explains the quite complicated science involved.	£1	
GABAPENTIN – AN OPTION FOR MODERATE TO SEVERE PAIN: Dr Shepherd discusses when and why this drug might be used to treat moderate to severe pain.	£1	
GOING INTO HOSPITAL: Suggests what you should consider before admission and how to discuss your symptoms with the doctors and nurses. See also our leaflets <i>Anaesthetics and ME</i> and <i>Explaining ME to People</i> .	£1	
HEADACHES AND ME/CFS: Discusses the most common forms of headaches experienced by people with ME/CFS, suggests ways in which the pain might be relieved and urges patients to seek medical help urgently if any 'red flag' symptoms occur.	£1	

MEDICAL MANAGEMENT LEAFLETS <i>(continued)</i>	NORMAL PRICE	TICK BOX
HOW TO DEAL WITH YOUR DOCTOR: Discusses your options if things are not working out well, particularly with your GP. There's also a brief discussion of hospital doctors and private consultants. Includes the ME Connect leaflet on arranging medical appointments.	£1	
IMPORTANCE OF EARLY AND ACCURATE DIAGNOSIS: A quick guide to this important subject by Dr Shepherd. This is definitely one leaflet to show to your own doctor!	£1	
LYRICA / PREGABALIN FOR PAIN RELIEF IN ME: A prescription-only drug used to treat moderate to severe pain in ME/CFS. It is not always tolerated. Dr Charles Shepherd discusses its use in detail.	£1	
ME/CFS – IT REALLY IS A NEUROLOGICAL DISEASE: In the first part of this leaflet, Dr Charles Shepherd summarises the overwhelming evidence that this illness has a neurological basis. In the second part, neuropsychologist Dr Gudrun Lange, who uses brain imaging techniques, confirms the presence of structural brain abnormalities in ME/CFS.	£1	
MENOPAUSE, FEMALE HORMONES AND HRT: Considers some of the remedies that may work for you and some that have no scientific validity but which may still be useful.	£1	
MUSCLE ENERGY SUPPLEMENTS: Examines the scientific evidence for the use of over-the-counter supplements taken by people with ME/CFS who believe they help reduce exercise-induced muscle fatigue. Discusses carnitine, co-enzyme Q10, creatine and NADH/Enada.	£1	
NATURE OF FATIGUE IN ME/CFS: Describes the unique type of fatigue experienced by people with ME/CFS and why it is often used as a key diagnostic tool. How it differs from the chronic fatigue in other illnesses is also explained.	£1	
OBTAINING AN ILL-HEALTH PENSION + PROGNOSIS AND PERMANENCY: Do you have a company pension and need to retire early? This leaflet looks at the problems involved and gives sources for further information. <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?"	£1	
ORTHOSTATIC INTOLERANCE IN ME/CFS: Orthostatic intolerance refers to problems in standing up or trying to remain standing. Some doctors regard it 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. There's also information on Postural Orthostatic Tachycardia Syndrome (PoTS).	£1	
PERMANENT HEALTH INSURANCE POLICIES: 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	
POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME (PoTS): Some people with ME/CFS also have this condition but it can remain undiagnosed because of the lack of knowledge among health professionals. Based on a workshop on PoTS presented by Prof. Julia Newton and the charity PoTS UK at a conference in 2016.	£1	
PREGNANCY, CHILDBIRTH AND ME/CFS: 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	
PREMENSTRUAL SYNDROME/FEMALE HORMONES: PMS – otherwise known as PMT or premenstrual disorder – can play havoc with a woman's monthly cycle and make life a misery. What can women do to make themselves more comfortable during this time? This leaflet summarises what we currently know about PMS, how it can overlap with ME/CFS, and the various treatment options that are available.	£1	
RELAPSES, EXACERBATIONS AND FLARE-UPS: 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	
RELIEF FOR YOUR SYMPTOMS: 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.	£1	
SORTING OUT SLEEP DISTURBANCE + RESTLESS LEGS: 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	
SPECIALIST REFERRALS: 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	
STOMACH AND IRRITABLE BOWEL SYMPTOMS: 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	
STRESS, AND HOW TO HANDLE IT: Stress can seriously damage your health. This explains what's involved and offers coping strategies.	£1	

MEDICAL MANAGEMENT LEAFLETS *(continued)*

	NORMAL PRICE	TICK BOX
TEN KEY ASPECTS OF MANAGEMENT: From diagnosis, finding a doctor who can help and drug treatment, through to energy management, dealing with emotional issues and sorting out work, education and family responsibilities. Also included is information on state and private sector benefits, social support, practical assistance and caring for people with ME/CFS.	£1	
THYROID DISEASE AND ME/CFS: Information on the thyroid gland, thyroid function tests, treatment of thyroid disease, and the overlap with ME/CFS.	£1	
TREATING ME/CFS, INCLUDING NEW AND EXPERIMENTAL APPROACHES TO MANAGEMENT: 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	
VACCINATIONS AND PRE-TRAVEL HEALTH PLANNING: What you need to know about preparing for a trip abroad. Also a letter for travel operators about adjustments and assistance that may be required by a person with ME/CFS.	£1	
VITAMINS AND VITAMIN SUPPLEMENTS: Everything you need to know about vitamins and vitamin supplements (and more).	£1	
VITAMIN B12 – COULD IT BE A SAFE AND EFFECTIVE FORM OF TREATMENT?: 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	
VITAMIN D DEFICIENCY:WHAT DO WE KNOW ABOUT THE CAUSES OF ME/CFS?: 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.	£1	
WHAT DO WE KNOW ABOUT THE CAUSES OF ME/CFS?: Dr Shepherd ponders the big questions and suggests ideas for future research.	£1	
WHAT IS FIBROMYALGIA?: Many people with ME/CFS also have symptoms of Fibromyalgia. Dr Shepherd discusses the similarities between the two illnesses but he also explains that there are significant differences.	£1	
BENEFITS AND SOCIAL CARE		
BENEFITS AND TAX CREDITS (INTRODUCTION): 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	
BLUE BADGE SCHEME: How to apply for this parking concession and our <i>To Whom It May Concern</i> letter supporting an application.	£1	
CARER’S ALLOWANCE: This leaflet explains what it is, how to apply and what to do if you are turned down.	£1	
GETTING HELP FROM SOCIAL SERVICES: If you have ME and it affects your daily life, you may be able to get help from your local social services department. This 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.	£1	
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 of how ill you are.	£1	
UNIVERSAL CREDIT EXPLAINED: 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).	£1	
DIET AND NUTRITION		
HEALTHY DIET IN ME/CFS: 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	
NUTRITIONAL SUPPLEMENTS IN ME – MYTH OR MIRACLE CURE?: 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	
GENERAL INFORMATION		
ME/CFS – YOUR QUESTIONS ANSWERED: This leaflet is a basic introduction to 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	
UNIVERSITY AND ME: 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 will help you to make the transition and come to the right decisions.	£1	

GENERAL INFORMATION LEAFLETS *(continued)*

	NORMAL PRICE	TICK BOX
ME CONNECT LEAFLETS		
ANXIETY AND PANIC ATTACKS – YOUR QUESTIONS ANSWERED: Tips on managing anxiety and panic attacks. This leaflet also contains a list of other sources of support.	£1	
CARING FOR A PERSON WITH ME: Support for carers and where to find out more.	£1	
COUNSELLING – YOUR QUESTIONS ANSWERED: 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	
MANAGING YOUR EMOTIONS: This leaflet gives advice about how to get through some of the the more difficult times in life.	£1	
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	
'TO WHOM IT MAY CONCERN' LETTERS		
DISABILITY AIDS, ADAPTATIONS AND SERVICES: This letter summarises the evidence needed to back up your applications.	£1	
IMMUNISATIONS AND ME/CFS: Summing up the evidence both for and against a link between immunisations and ME/CFS.	£1	
EXAMINATIONS AND ME/CFS: Summing up the special arrangements that may be needed when students with ME/CFS sit exams.	£1	
TRAVEL AND ACCOMMODATION: What travel companies, airlines and hotels should know about your requirements.	£1	