

Post Exertional Malaise

M.E. means a delayed exacerbation of symptoms that can follow even minor physical or mental exertion.

Focus
on
Symptoms

M.E. (myalgic encephalopathy) is a complex multisystem disease with a wide range of disabling symptoms, including:

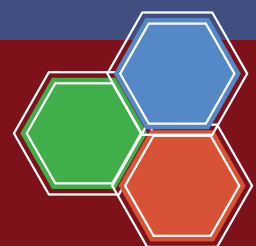
- Post exertional malaise
- Ongoing flu-like symptoms
- Muscle fatigue
- Muscle, joint and nerve pain
- Sleep problems
- Cognitive dysfunction
- Light and sound sensitivity
- Dizziness and fainting
- Gastrointestinal issues

ME Awareness Week

11th - 17th May 2020



Get involved.
Help our campaign.
meassociation.org.uk



#MESymptoms