

Did you know that M.E. Affects All Ages?

Usually adults become ill at age 30-50 years & young people at 12+ years)^{1j} even



2-year-olds can have M.E.^{4b}



A 'partial recovery' is common. A 'full recovery' after M.E. is present for more than 5 years is rare^{5c} (but such a recovery usually means you are still unable to do as much as you did before you became ill.^{1l})

Long-term effect^{5d}

All Somerset GP practices are likely to have several patients who have M.E.⁹



M.E. (Myalgic Encephalomyelitis) is a serious disabling chronic neurological illness.^{1a}

Diagnosis may take years.⁶

Have periods of "*remission & relapse*".^{5b}

Relapse if do too much physically/mentally.^{4c} Fatigue after activity can be delayed by up to 4 days.¹ⁱ

Remissions can last months/years (children are more likely than adults to have them^{1k}).



Diagnosis, Remission & Relapse

Pacing (activity followed by resting/sleeping in armchair/bed) is vital. **Mild/Moderate M.E. patients** need days off to rest.⁷ **M.E. may be Severe** at start or early mismanagement can cause Severe M.E.⁸). "*Early recognition with positive diagnosis is key to improving outcomes.*"^{5e}



Management

The UK government¹⁰ and the Department of Works & Pensions¹¹ accept that M.E. is a physical illness.

The World Health Organisation classifies M.E. as a neurological condition.¹² Neurological conditions occur due to illness or injury damaging the brain, spinal column or nerves.¹³

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References: Please go to www.bluemooncare.co.uk website where you can click on all the reference links mentioned above to access the documents researched for this poster.

This poster is issued as part of the *M.E. Uncut* project for Somerset M.E. Awareness Year.

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