

# Did you know that M.E. is Neurological?

Chewing and swallowing difficulties (dysphagia) can be present.<sup>B</sup>



Reduced stamina.<sup>1d</sup>  
Usually very tired (or irritable<sup>3</sup>) after an activity.<sup>1e</sup>

Sensitivity to touch and movement can be present.<sup>C</sup>



**Always present**

**M.E. (Myalgic Encephalomyelitis) is a serious disabling chronic neurological illness.<sup>1a</sup>**  
Fibromyalgia (which causes severe pain in many areas of the body)<sup>A</sup> is often seen alongside M.E.

## M.E. symptoms<sup>1b</sup> destroy quality of life

**Children/adults with severe M.E. may be housebound/bedbound for years.<sup>1h</sup>**

They [and their often exhausted carer family/friends] *“are isolated, ignored and invisible”<sup>5a</sup>*



Nausea, Dizziness.

Sensitive to food/chemicals/smells. Sweating, too hot, too cold. Stomach pain. Swollen glands. Keeps on being ill with viruses.<sup>1f</sup>

Very pale skin.<sup>4a</sup> Cold, painful, tingling hands, wrists, feet & lower legs.<sup>1g</sup>



**Other symptoms may be present**



Quality, quantity (and pattern) of sleep is affected.

Blurred vision.

Muscle pain.<sup>A</sup> ‘Brain fog’. Headache.

Sensitive to light/noise.

Difficulties in:

Talking/word-finding,  
Standing & walking.



**Common neurological symptoms<sup>1c</sup>**

**The UK government<sup>10</sup> and the Department of Works & Pensions<sup>11</sup> regard M.E. as a physical illness.**

The World Health Organisation classifies M.E. as a neurological condition.<sup>12</sup>

Neurological conditions occur due to illness or injury damaging the brain, spinal column or nerves.<sup>13</sup>

**Poster title: No. 2 M.E symptoms destroy quality of life**

**References: Please go to [www.bluemooncare.co.uk](http://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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