

Did you know that M.E. is Neurological?

Chewing and swallowing difficulties (dysphagia) can be present.^B



Reduced stamina.^{1d}
Usually very tired (or irritable³) after an activity.^{1e}

Sensitivity to touch and movement can be present.^C



Always present

M.E. (Myalgic Encephalomyelitis) is a serious disabling chronic neurological illness.^{1a}
Fibromyalgia (which causes severe pain in many areas of the body)^A is often seen alongside M.E.

M.E. symptoms^{1b} destroy quality of life

Children/adults with severe M.E. may be housebound/bedbound for years.^{1h}

They [and their often exhausted carer family/friends] *"are isolated, ignored and invisible"*.^{5a}



Nausea, Dizziness.

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

Very pale skin.^{4a} Cold, painful, tingling hands, wrists, feet & lower legs.^{1g}



Other symptoms may be present



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

Blurred vision.

Muscle pain.^A 'Brain fog'. Headache.

Sensitive to light/noise.

Difficulties in:

Talking/word-finding,
Standing & walking.



Common neurological symptoms^{1c}

The UK government¹⁰ and the Department of Works & Pensions¹¹ regard M.E. as 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

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

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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