Invest in ME Research

Did you know?
- ME is sometimes referred to as ME/CFS.
- There are an estimated 250,000 ME patients in the UK.
- 25% of this number are severely affected.
- Many are housebound.
- Many need to use wheelchairs.
- Some need to be tube fed.
- ME is the largest cause of long term sickness absence from school in both pupils and staff.
- Over 60 outbreaks of ME have been recorded worldwide since 1934.
- From the 1st November 2010 people with ME were permanently deferred from donating blood.

Despite the number of patients affected by this long-term, disabling neurological condition there has been very little government funding into researching the physical causes of ME that could lead to a cure and a diagnostic test for this devastating illness.

Invest in ME Research aim to change that!

Invest in ME Research

Campaigning for biomedical research into ME

“Conclusion: It is clear from the evidence compiled by the committee that ME/CFS is a serious, chronic, complex, multisystem disease that frequently and dramatically limits the activities of affected patients.”

USA Institute of Medicine, 2015

Invest in ME Research

are currently funding biomedical research at UCL, London and UEA/IFR, Norwich and hope to add more high-quality research as we raise funds. The charity is proposing a UK Centre of Excellence for ME – see http://www.investinme.org/research.htm

Let’s Do It For ME is a patient-driven campaign to raise funds for biomedical research into ME

Let’s do it for ME!
ldifme.org

We welcome support to make our plans a reality.
ME - What it IS…

- A severe systemic, acquired illness
- Estimated to be 2* as common as MS and 3* times more prevalent than HIV/AIDS.
- Clear clinical symptoms which manifest predominantly based on neurological, immunological and endocrinological dysfunction
- Multi-factorial pathogenesis with the hypothesis of initiation by a viral infection prominent.
- Most frequently follows an acute prodromal infection, varying from upper respiratory infections, bronchitis or sinusitis, or gastroenteritis, or an acute “flu-like” illness.
- Before acquiring ME most patients were healthy, leading full and active lifestyles.
- Reaction to physical and mental activity and sensory input is unique to ME.
- Over-exertion can make ME worse and the effects are often delayed and may not be seen within 24 hours.
- Symptoms can range from mild to very severe and can include:
  - Cardiac and Cardiovascular Problems
  - Cognitive Dysfunction
  - Gastro-intestinal Problems
  - Headaches
  - Hormonal Imbalance
  - Immunological Problems
  - Muscle Weakness and Intense Pain
  - Neurological Problems
  - Sleep Problems

ME - What it’s NOT…

- Attention Seeking
- Behavioural Disorder
- Depression
- Exercise Avoidance
- Faulty Illness Beliefs
- Psychological Disorder
- School Phobia
- Pervasive Refusal Syndrome
- Tired all the time

Who are we?

We are an independent charity campaigning for bio-medical research into the neurological illness Myalgic Encephalomyelitis (ME) as defined by the World Health Organisation WHO-ICD-10-G93.3.

We have links to other organisations and ME charities, both nationally and internationally.

We bring together like-minded individuals and groups to campaign for funding and biomedical research.

We organize biomedical research meetings and conferences and aim to provide up-to-date and quality information to doctors and patients.

We offer support and hope to patients and carers.

Why Invest in ME Research?

Invest in ME Research receives no government funding; all of our work is carried out for free by volunteers.

We are very grateful to receive donations from our supporters.

Invest in ME Research
PO Box 561
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I enclose a donation of ______________ made payable to Invest in ME Research

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