

# 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



[ldifme.org](http://ldifme.org)

We welcome support to make our plans a reality

# Invest in ME Research

Registered UK Charity Nr. 1153730



**FACILITATING AND  
FUNDING HIGH-  
QUALITY BIOMEDICAL  
RESEARCH INTO  
MYALGIC  
ENCEPHALOMYELITIS  
(ME)**

[www.investinme.org](http://www.investinme.org)

A member of the European ME Alliance

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# WHY INVEST IN ME RESEARCH?

## 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 bio-medical 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.

## **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**

## **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**

## 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.

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I enclose a donation of \_\_\_\_\_  
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Tick box to stay informed of Invest in ME Research activities and campaigns