

ME/CFS AUSTRALIA (VICTORIA)

Application for Membership

Send to:
ME/CFS Australia (Victoria)
21-23 Livingstone Close
Burwood Victoria 3125

- I would like to become a member of the Society
- I would like information on ME/CFS
- I would like to make a donation to ME/CFS Australia (Victoria)
- \$10 \$50 \$100 Other \$ _____
- Your gift may be acknowledged in our publications
– if you wish to remain anonymous please tick box.

Payment: (as at June, 2008)

Membership to ME/CFS Australia (Victoria):

- \$40 Full Membership \$ _____
- \$20 Student/Concession Membership \$ _____
- Donation \$ _____

Please find enclosed a cheque or money order for:

\$ _____

Credit Card: Visa Mastercard \$ _____

Card Number _____

Cardholder Name _____

Expiry Date _____ Signature _____

Your Details:

Name _____

Address _____

Suburb _____ Postcode _____ State _____

Telephone _____ DOB _____

Email _____

Diagnosing Doctor _____

Donations of \$2 and over are Tax deductible.

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About our Society:

ME/CFS Australia (Victoria) is a not for profit charitable organisation recognised by the ATO as having Charity Tax Concessions (TCC) and Deductible Gift Recipient (DGR) status.

It is dedicated to providing information, support and advocacy for the ME/CFS Community in Victoria and Tasmania.

Established in 1980 it has helped thousands of people to understand and manage the illness.

Our Services Include:

- Emerge – our informative quarterly journal.
- A Telephone Support Line.
- Support Groups – putting people in contact with others coping with similar problems.
- “Link Up” teleconferencing – bringing people together.
- A Library with books difficult to obtain elsewhere.
- Free Information Kits for the general public and health professionals.
- General meetings and seminars.

We are actively involved in:

- Raising community awareness.
- Educating the public and health professionals.
- Raising funds to support our services and activities.
- Lobbying politicians on behalf of people with ME/CFS.
- Encouraging and supporting research.



SOLVING THE PUZZLE

Myalgic Encephalomyelitis/ Chronic Fatigue Syndrome

ME/CFS AUSTRALIA (VICTORIA)

(The administration division of
ME/Chronic Fatigue Syndrome
Society of Victoria Inc)

The Society's vision is to be an organisation which has a significant and positive influence on the well-being of people affected by ME/CFS.



ME/CFS Australia (Victoria)

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ABN 22 385 438 041 IAN: AOO1697AN



The Symptoms of ME/CFS

Taken from an Overview of the Canadian Consensus Document: www.mefmaction.net

A patient with ME/CFS will meet the criteria for fatigue, post exertional malaise and/or fatigue, sleep dysfunction and pain; have two or more neurological/cognitive manifestations and one or more symptoms from two of the categories of autonomic, neuroendocrine and immune manifestations.

(Refer to full list of symptoms from the Overview of the Canadian Consensus Document.)

- Fatigue
- Post-Exertional Malaise and/or Fatigue
- Dysfunctional Sleep
- Pain
- Neurological/Cognitive Manifestations
- Autonomic Manifestations
- Neuroendocrine Manifestations
- Immune Manifestations

The illness must persist for at least six months (three months in children).

It usually has a distinct onset, although it may be gradual. An early diagnosis may be possible.

Causes

The cause is not yet known.

Multiple factors may be simultaneously involved.

ME/CFS can follow:

- Acute infection, such as glandular fever, upper respiratory infections.
- 'Flu-like' illness.
- Exposure to chemicals, environmental pollutants or heavy metals.
- Immunisation
- Severe physical trauma, such as major surgery, or a serious accident.

ME/CFS usually has an acute onset, but onset may also be gradual.

Biomedical research is being conducted on many fronts – cardiology, immunology, endocrinology, neurology and genetics.

Diagnosis

The Royal Australasian College of Physicians states that ME/CFS is a real and disabling chronic condition, affecting up to 700 per 100,000 people. There is no simple diagnostic test.

Diagnosis is based on the type and pattern of symptoms experienced and by excluding other illnesses.

It can strike men, women and children of all ages, ethnic and socio-economic groups.

Cure

There is no known cure for ME/CFS.

The focus is on easing symptoms.

It is important to find a knowledgeable doctor who will manage the illness.

Self-management can be vital.

Living with ME/CFS

People with ME/CFS face many challenges.

The illness influences social and family life as well as educational and employment opportunities.

Many are too unwell to work and others can only work part-time.

Social contact can be non-existent.

Young people may find it hard to study and require special consideration for school attendance, assignment deadlines and exams. Some study at home through distance education.

Some people have well periods followed by periods with severe symptoms.

The more severely affected are housebound and may require a wheelchair for mobility.

The most severely affected are bedridden and totally dependent on others for all care.

Duration

Accurate predictions of recovery for individuals are not possible at this stage.

Early diagnosis may lessen the impact of the illness.

Some make gradual progress and recover well but many do not completely regain their previous level of health.

Some experience a gradual deterioration in their condition.

Severe ME/CFS can have life-threatening complications.

The recovery rate for children is often better than for adults.

People diagnosed with ME/CFS can generally expect to be unwell for some years. For some it is permanent.

