

## ME/CFS AUSTRALIA (VICTORIA)

### Application for Membership

Send to:  
ME/CFS Australia (Victoria)  
PO Box 7100  
Dandenong Victoria 3175

- 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 March, 2010)

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.**

Proudly sponsored by The Andrews Foundation.

## Our services include:

- Emerge, our informative quarterly journal
- Telephone information and support line
- Self-help courses
- Support groups around the State
- Small-group teleconferencing
- Awareness raising
- Webpage and discussion board
- Community speakers program
- Resource library
- Regular forums and seminars

## We are actively involved in:

- Advocacy and awareness raising concerning ME/CFS.
- Community education for the public and health professionals.
- Lobbying and promoting recognition at government level on behalf of people with ME/CFS.
- Increasing sponsorship to extend our services and activities.
- Encouraging and supporting research.



## 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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# The Symptoms of ME/CFS

Taken from An Overview of the Canadian Consensus Document: [www.mefmaction.net](http://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

*(Causes continued)*

- Severe physical trauma, such as major surgery, or a serious accident.

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 work only 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.

*(Living with ME/CFS continued)*

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.

Support and acceptance from family and friends is critical.

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 be life threatening.

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.

## 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, Tasmania and Northern Territory.

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