

Myalgic Encephalomyelitis (ME)

Also referred to as
Chronic Fatigue Syndrome (CFS)

A DEVASTATING
NEURO-IMMUNE
DISEASE

25%

BED- OR
HOUSEBOUND

75%

UNABLE
TO WORK

ONLY

5%

RECOVER



THE ME CFS FOUNDATION
SOUTH AFRICA

Non-Profit Registration 2015/394378/08

WWW.MECFSSA.ORG

[ME/CFS patients] feel effectively the same every day as an AIDS patient feels two months before death; the only difference is that the symptoms can go on for never-ending decades.

– Prof. Mark Loveless
Head of the AIDS and ME/CFS Clinic, Oregon Health Sciences University

WHAT IS ME?

Myalgic Encephalomyelitis (ME), also inaptly referred to as Chronic Fatigue Syndrome (CFS), is a neuro-immune disease. The disease is primarily neurological, but, because the brain controls all vital bodily functions, virtually every system in the body can be affected by ME.

Symptoms

More than 60 symptoms have been documented, but the most common symptoms are:

- Sleep problems, including excessive daytime sleepiness, difficulty falling and staying asleep, unrefreshing sleep
- Cognitive problems, including poor concentration and memory, and difficulty processing information
- Post-exertional malaise (worsening of symptoms after physical or mental exertion)
- Orthostatic intolerance (dizziness, nausea and sweating when sitting or standing)
- Flu-like symptoms, including sore throat
- Sensitivity to light, sound and/or odours



WHAT WE DO

The ME CFS Foundation South Africa is a non-profit that aims to provide support and information to South Africans suffering from ME, and to promote awareness of the disease amongst the medical community and the public.

The foundation relies entirely on donations in order to assist people whose lives have been destroyed by this insidious disease. Most people with moderate ME, and those with severe ME, are unable to work, which has a severe impact on their lives. Many are bed-bound and have to rely on family to support and care for them. In addition, the high-dose supplements that can help treat some symptoms are expensive and not covered by medical aid.

Compounding the challenges faced by people with ME, most doctors are either not familiar with the disease, or they have outdated information that suggested the disease was psychosomatic. Recent studies have identified clear abnormalities in people with ME, but not all doctors have kept up to date. The foundation is working to promote awareness amongst the medical community so that people with ME can be diagnosed and treated.



OUR CHRISTMAS WISH LIST

For people with moderate to severe ME, simple activities like taking a shower are exhausting, if not impossible. Most of these people are unable to work or support themselves financially. This leaves them having to cope with financial stress in addition to the distress caused by their symptoms.

This festive season, we'd like to help ease the burden of 20 of our ME sufferers in need by providing the following:

- Food and basic necessities
- Medications and high-dose supplements for symptom management

Please help us to make their festive season a little brighter by making a donation online (Visa/MasterCard accepted) via our website (www.mecfssa.org) or direct deposit.

Banking details

Bank	Standard Bank
Account holder	The ME CFS Foundation South
Account type	Savings
Account number	015550524
Branch	Key West
Branch code	01584141

International payment details

Swift code: SBZAJJ

IPAN code: SBZAJJ015550524051001



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