

Your patient may require:

- You to advocate for them within the medical system
- Help in understanding medical information as cognitive function can be impaired
- Extended post-operative recovery and rehabilitation time
- Physical assistance e.g. use of a wheelchair or walking stick
- A quiet area away from bright lights and noisy thoroughfares
- Special meals if they have dietary restrictions (due to digestive problems or sensitivities)
- Appropriate pain relief



Contact us

Society services include telephone support, advocacy, provision of information (including 'Canadian Guidelines') and links to local Support Groups

Phone: (02) 9904 8433
Fax: (02) 9904 8435
Email: mesoc@zip.com.au
Web: www.me-cfs.org.au
Address: PO Box 5403,
West Chatswood NSW 1515



If your patient has difficulty speaking English, they can call Translating and Interpreting Services on 131 450 and an interpreter will be provided free of charge.

Does your patient have ME/ Chronic Fatigue Syndrome or Fibromyalgia?



Improve your knowledge of ME/CFS and FM so you can address patient needs

Often misunderstood

Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS) and Fibromyalgia (FM) are serious, debilitating and complex illnesses that affect multiple systems of the body. ME/CFS and FM are often misunderstood; those affected have to battle both the illness and community misconceptions.

Overlapping symptoms include long term unexplained fatigue that is not alleviated by rest, general malaise, unrefreshing sleep, arthralgia and/or myalgia.

*Contact us for the widely accepted Guidelines for Medical Practitioners 'The Canadian Guidelines'

A medical setting can be detrimental to health:

- Exposure to new drugs, anaesthetics and dressings can cause adverse reactions
- Communicating with a number of staff can drain energy resources
- Patients may push themselves beyond their usual limits
- Elevated noise and bright lights may cause headaches, blurred vision and confusion
- Products that are scented or contain chemicals (e.g. cleaning products, perfume, aftershave and flowers) can exacerbate symptoms
- Regular hospital food may contravene strict dietary requirements
- An impaired immune system leaves people with ME/CFS and FM susceptible to new infection

Please remember



- Symptoms can be managed
- ME/CFS and FM are physical illnesses, not psychiatric conditions
- Symptoms fluctuate - monitor patient closely
- Looks can be deceiving; people with ME/CFS and FM may look well but be in discomfort
- Your understanding and support can make a big difference

Sensitivities

Neurological and cognitive dysfunction

Gastrointestinal problems

Orthostatic Intolerance

'Brain Fog'

Pain

Multiple Chemical Sensitivities

Immune Impairment

Fatigue

Sleep dysfunction