



Important new book to help professionals working with the tens of thousands with severe ME/CFS

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From next month, health, social care and education professionals will at last have access to extensive, reliable information on ME/CFS in its most difficult form. **“Severe ME/CFS: A**

Guide to Living” by Emily Collingridge is the first reference book on severe ME to exist in the UK. It will be launched on **29th March 2010** and has already received extensive praise in previews, with professionals hailing it as an important development in the management of severe ME/CFS.

There are thought to be between 60,000 and 120,000 people with severe ME/CFS (also known as severe Chronic Fatigue Syndrome) in the UK. That means that *at least* 1 in 1000 of the UK population are either house or bedbound and dependent on others for care as a result of ME/CFS. Patients suffer a wide range of symptoms, including crippling pain, intense flu like malaise, hypersensitivity to sound, light and touch, cognitive dysfunction, transient paralysis, abnormal exhaustion, extreme nausea, weakness and more. They can be left unable to sit up, to watch television, to eat, to speak and even to recognise loved ones. They require extensive support from a range of professionals from different disciplines. Yet, despite the degree of devastation caused to so many, to date there has been little material to help professionals to understand the complexities of severe ME/CFS and provide them with essential guidance on helping patients.

In “Severe ME/CFS: A Guide to Living”, patient Emily Collingridge brings together comprehensive knowledge and advice on all aspects of life with severe ME/CFS from a large number of professionals, patients and carers. It contains specific advice for doctors, nurses,

occupational therapists, physiotherapists, dietitians, speech language therapists, mental health workers, social workers and home tutors and contains everything healthcare assistants need to know. It is being backed by a number of top experts in the field of ME, including the highly respected and experienced specialists Prof Tony Pinching and Dr Alastair Miller.

Specialist nurse and coordinator of the Greater Manchester clinical network, Gill Walsh, says, "I think that it will be an invaluable source of information and guidance for all professionals, carers and patients. The practical, understanding advice in this book is exceptional.", whilst consultant physician, Prof Ingvar Bjarnason, says, "This book has the potential to be very important".

The book is being published by the charity, the Association of Young People with ME, (though is written for and about adults of all ages as well as children and young people). It is being sold at cost as both Emily and the charity are anxious for it to reach as many people as possible.

Media Contacts

If you would like a press pack (containing facts about severe ME/CFS, comments from a large range of professionals, more information about the book, three patient case studies, the author's story in her own words and images for reproduction), if you would like to interview Emily Collingridge/ a professional/ another patient or if you have any questions, **please contact Jane at media@severeme.info or on 020 8670 1502.**