

MYALGIC ENCEPHALOMYELITIS

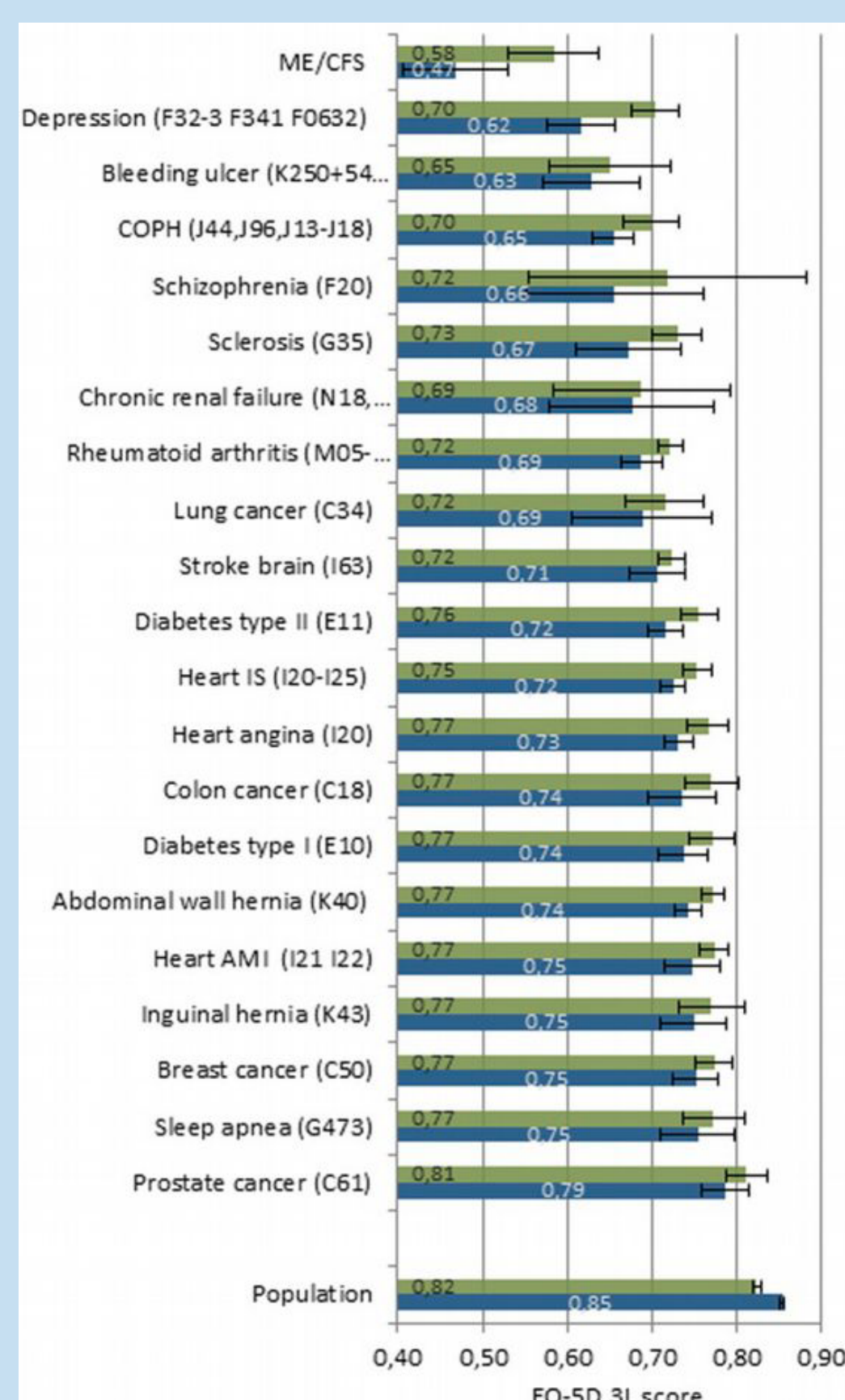
ALSO KNOWN AS
CHRONIC FATIGUE SYNDROME (CFS),
TAPANUI FLU, ME, ME/CFS.



A debilitating chronic disease that affects energy metabolism and multiple body systems including the nervous, immune and endocrine systems.

People with ME are often more functionally impaired than people with type 2 diabetes, multiple sclerosis, congestive heart failure and end stage kidney disease. They suffer a lower quality of life than people with cancer, stroke, kidney failure and schizophrenia.

HRQoL OF ME/CFS



"The EQ-5D-3L-based HRQoL of ME/CFS is significantly lower than the population mean and the lowest of all the compared conditions."

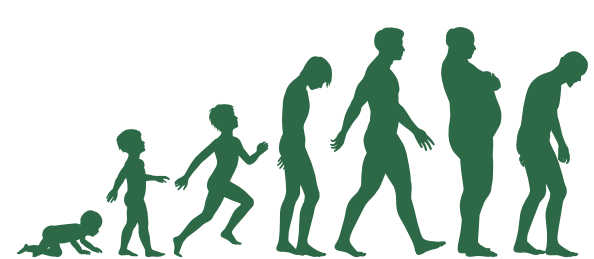
From: The Health-Related Quality of Life for Patients with Myalgic Encephalomyelitis /Chronic Fatigue Syndrome (ME/CFS). PLoS One. 2015. © 2015 Falk Hvidberg et al.

GENDER



Both males (35 - 40%) and females (60 - 65%) are affected.

AGE



Anyone of any age can be affected, from young children to older age.

ETHNICITY/RACE



ME does not discriminate. All ethnicities and races are affected.

UNEMPLOYMENT AND FINANCIAL BURDEN OF ME ON NZ



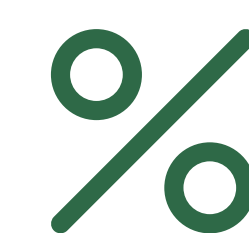
- Most people with ME are too ill to work. Their carers may also have to drop out of the workforce.
- This is a significant cost to New Zealand's GDP.
- Many experience significant financial hardship. The cost of healthcare, welfare benefits and support services is substantial.

NZ HEALTH SYSTEM



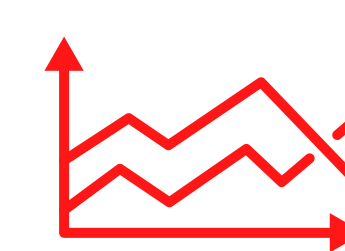
- ME receives very little recognition in the NZ Health system.
- Funding for and access to medical care, disability and social support services are poor.
- There is no clear clinical pathway for ME in the NZ Health System.
- Healthcare professionals receive little or no training in ME.

PREVALENCE



ME is common and affects millions worldwide. Estimates for New Zealand range from 12,500 - 37,500 (based on international prevalence data).

PROGNOSIS



- Fewer than 5% recover fully.
- Some improve without regaining pre-illness function, often with a lifelong relapse-remission pattern.
- Some progressively worsen.

SPECTRUM OF SEVERITY



ME ranges from mild through to very severe. Severity can fluctuate over time. Even people with mild illness are seriously unwell.

MILD

Can work with difficulty but only at the expense of other areas of life.

MODERATE

Mostly housebound and may use a walking aid and may need assistance.

SEVERE

Mostly bedbound and may rely on a wheelchair and carers.

VERY SEVERE

Fully bedbound and dependent on carers. May be unable to speak. May be tube fed.

Sources: Solve ME/CFS Initiative (solvecfs.org) & Centers for Disease Control and Prevention (www.cdc.gov)

Keep up to date by following m.e.awareness.nz

