



CFS/ME VICTORIA

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SEED FUNDING RECEIVED TO KICKSTART PROJECT FOR ME/CFS SUFFERERS

CFS /ME Victoria is pleased to announce that it has received \$60,000 in seed funding from the Tattersall's George Adams Foundation to cover part of the expense of a Care and Crisis Support Service project. This project is designed to provide essential support to those affected by ME/CFS at a time of great need. The Care and Crisis Support Service will bring together a group of professionals who will facilitate access to vital services currently unavailable due to the lack of information about the seriousness of ME/CFS. The Community will be much better informed and suffering will be lessened. \$30,000 has been received and the balance will be forthcoming in 2008.

Formal presentation and handover of the cheque will take place at 11.30am on 10th May at the CFS/ME offices in Burwood. Simon Molesworth, CFS/ME Victoria President will be present to receive the initial instalment cheque for \$30,000 from Kerry Payne of the Tattersall's George Adams Foundation.

CFS/ME Victoria is very grateful to Tattersall's George Adams Foundation for their generosity.

"This cheque is the catalyst for CFS/ME Victoria to provide real hope, real support and encouragement in the hour of greatest need. This scheme will provide essential support services when members of the community are at their lowest ebb and most vulnerable. What Tattersall's George Adams Foundation has done is to provide seed money which will allow CFS/ME Victoria to establish a critical program of support to the community" Simon Molesworth said.

The Society is now seeking funding to cover the balance of the cost of the Care and Crisis Support Service.

*Tax-deductible donations can be made to CFS/ME Victoria

What is ME/CFS?

ME/CFS (Myalgic Encephalomyelitis or Chronic Fatigue Syndrome) is a complex set of symptoms which can affect everyone to differing degrees. At the severe end of the spectrum ME/CFS can be **life threatening**

ME/Chronic Fatigue Syndrome (ME/CFS) is a serious and debilitating illness that can last for years, and sometimes for life. ME/CFS is a recognised *syndrome*, the cardinal feature of which is profound exhaustion, accompanied by a range of other symptoms. In some cases the illness causes persistent disability, while in others it follows a relapsing and remitting course.

Thursday, 3 May 2007

People with ME/CFS are not just 'tired for a long time'; ME/CFS is not just 'chronic fatigue'. Many people complain of fatigue (up to 30% of the population at any one time!), but of all people reporting to doctors with the complaint of fatigue, fewer than 10% will have ME/CFS. In ME/CFS, the exhaustion or fatigue is usually accompanied by other flu-like symptoms which can be extremely distressing.

The cause of ME/CFS is unknown, although several research groups around the world believe that the symptoms may be caused by a continuing immune response, due either to a persisting infection or to the failure of the immune system to 'turn off' after an initial infection. Other researchers are focusing on disturbances in brain chemistry which may contribute to the symptoms, and some are examining alterations in cellular metabolism which could also be of significance.

In 75% of cases, ME/CFS begins with a viral infection, or what is apparently a viral infection. It begins suddenly, with typical 'viral-like' symptoms. Occasionally ME/CFS begins with a bacterial or parasitic infection, or with a vaccination, or exposure to a toxic chemical - i.e., some sort of challenge to the immune system. Frequently associated with this immune system challenge are other factors, such as strenuous physical activity or psychological stress. In up to 25% of cases, the onset of ME/CFS is gradual, with no recognisable precipitating event.

Many people in the community experience 'viral' infections under similar circumstances, but what distinguishes ME/CFS is that the symptoms remain - for a minimum of six months, and frequently for many years. For this reason, researchers are examining whether people with ME/CFS have a genetic pre-disposition to developing the illness; and whether certain viruses which can evade the immune system are present in people with ME/CFS.

Did you know*?

US Centers for Disease Control research reports (AACFS Conference 2004):

- ME/CFS patients are more sick and have far greater disability than patients with cardiac disease, chronic obstructive lung disease and depression
- fewer than 16% of sufferers in the general population are diagnosed
- Psychological factors play no role in the development of postinfectious ME/CFS"

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome ME/CFS is:

- World Health Organisation (WHO) classified since 1969:
Neurological disorder – ICD 10, G.93.3
- Centers for Disease Control (CDC) classified since 1997:
National Center for Infectious Diseases
Priority 1 Disease of Public Health Importance

* *website: www.ahmf.org*

Note: ME/CFS Awareness week runs from May 6 – 13, 2007

Photo Opportunity

When: Thursday 10th May, 2007
at 11.30am

Where: CFS/ME Victoria
21-23 Livingstone Close
Burwood, Vic 3125

More information- contact: Nola Miles 03 9888 8991 (Mondays and Tuesdays)

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