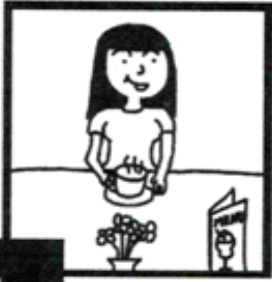


ME Adventures - Energy and Exertion

1. This is Maddie, she has ME

This is "normal" Nancy

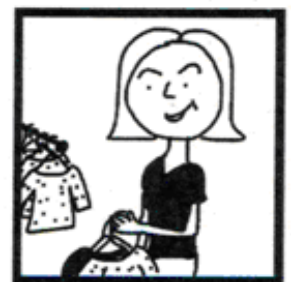


0 Hours

They have met for coffee.
For Maddie this is a high energy activity.
For Nancy this is low energy.

2. Maddie goes home

Nancy pops to the shops



1 Hours

Maddie is exhausted.
Nancy gets a few bits while she is out.

3. Maddie rests in bed

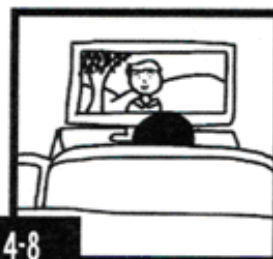
Nancy goes home



2 Hours

Maddie feels very ill and has to go to sleep.
Nancy finishes shopping and decided to head home.

4. Maddie and Nancy both heat up a ready meal and watch TV.



4-8
Hours

Maddie does this out of necessity. She has no energy to cook and struggles to follow the TV.
Nancy does this out of choice because she wants to relax.

5. Maddie stays at home

Nancy goes to work



20-29
Hours

Maddie can't work because of her ME.
She feels a bit worse because of yesterday's exertion but is happy she doesn't feel as bad as she expected.

6. Maddie's exhaustion hits

Nancy gets on with her life



24-48
Hours

Maddie thought she had got away with doing something fun with only minor repercussions but the full effects of her exertion hit her like a ton of bricks 24-48 hours after meeting Nancy.

People with ME suffer from what is called Post Exertional Malaise (PEM)

PEM is a worsening of symptoms that kicks in 24-48 hours after exertion. It can last days, weeks or be the trigger for a relapse or deterioration.

It doesn't just make you feel 'a bit worse', it makes tasks you can normally do feel like wading through treacle with the flu and a hangover.

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