Dear \_\_\_\_,

*Insert your story here. Share how ME has impacted your life.*

That’s why I am fighting to improve the lives of people with myalgic encephalomyelitis (ME), commonly called chronic fatigue syndrome. ME is a debilitating disease that affects the brain and immune system. It impacts over 250,000 people of all ethnicities, ages, and genders in the UK and 15-30 million around the world. There are no effective treatments and many are left homebound or bedridden, without any access to medical care.

Since the majority of ME/CFS cases are initiated by an infection, there is heightened concern that COVID-19 will trigger ME onset. In a town-hall meeting, Dr. Anthony Fauci said, “...a considerable number of [long COVID] individuals have a post-viral syndrome that... is highly suggestive of myalgic encephalomyelitis and chronic fatigue syndrome.”   
   
Prospective studies of several different pathogens found that 10-12% of those infected met ME criteria six months after their infection. We also know from past outbreaks that coronaviruses like SARS may have even higher rates of triggering the disease. If that holds true for SARS-CoV-2, millions more around the world could develop ME following COVID-19 within the next two years. That is why supporting #MEAction now is so important!

#MEAction is an organisation close to my heart that fights for recognition, medical education and research for people living with ME. Our goal is to raise £150,000 this holiday season to support #MEAction. Your contributions help support a global community of over 30,000 patients and caregivers, of leaders, volunteers, and participants. Together, we are working to raise awareness, educate medical doctors, grow the scientific field, and build a thriving community of support and friendship.

To learn more, you can watch #MEAction co-founder Jennifer Brea’s TED Talk, “What Happens When You Have a Disease Doctors Can’t Diagnose”: <http://j.mp/TEDTalkME>.

I hope you will join me in creating a world where all people with ME have access to compassionate, effective care.

Thank you in advance for your support,

*Signed*