

the ME association

ISSUE 145 ■ SUMMER 2018



ME Essential

DEALING WITH YOUR DOCTOR

*Dr Charles
Shepherd advises*

MY OPEN LETTER TO ME

*Ev Kendall speaks
as she finds and
tells ME exactly
what she thinks*

THE REAL ME

*What ME really
looks like*



GOING BLUE FOR ME AWARENESS WEEK

*Everyone's doing it...
so what's your story?*

