



April 28th Awareness Day

Chronic Fatigue Syndrome, Fibromyalgia and Multiple Chemical Sensitivity

WHEREAS, over 20 million individuals have been diagnosed with chronic illnesses such as **chronic fatigue syndrome, fibromyalgia and multiple chemical sensitivity.** These illnesses affect men, women, children of all ethnicities and many times the cause is unknown; and,

WHEREAS, myalgic encephalomyelitis, commonly known as chronic fatigue syndrome, is a neurological and autoimmune disease characterized by overwhelming fatigue, pain, headaches, cardiac symptoms, dizziness and balance problems; and,

WHEREAS, fibromyalgia is characterized by severe musculoskeletal pain and tenderness in many areas of the body, along with fatigue and sleep dysfunction, generalized or regional stiffness, and in some cases neurological and cognitive symptoms. This pain can become strong enough to prevent people from working or engaging in physical activities for months and even years; and,

WHEREAS, multiple chemical sensitivities (MCS), also called environmental sensitivities or intolerances, is an unusually severe sensitivity and allergy-like reaction to different kinds of pollutants such as chemicals, perfumes and other environmental triggers; and,

WHEREAS, on May 12, 2016, **Chronic Fatigue Syndrome, Fibromyalgia and Multiple Chemical Sensitivity Day** will help to increase public awareness of these illnesses, the need for clinical services for standardized treatment and the health status of those living with these illnesses. The City of Houston commends the participants of this worthwhile endeavor and extends best wishes for a rewarding observance.

THEREFORE, I, Sylvester Turner, Mayor of the City of Houston, hereby proclaim May 12, 2016, as

Chronic Fatigue Syndrome, Fibromyalgia and Multiple Chemical Sensitivity Day

in Houston, Texas.

In Witness Whereof, I have hereunto set my hand and have caused the Official Seal of the City of Houston to be affixed this 28th day of April, 2016.

Sylvester Turner
Mayor of the City of Houston

