

CITY OF  
ANAHEIM



PROCLAMATION

WHEREAS, an estimated 20 million children and adults in the United States have neuro-endocrine immune diseases (NEIDs) including myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), fibromyalgia syndrome (FMS), chronic Lyme disease (CLD), Gulf War illness (GWI) and multiple chemical sensitivity (MCS); and

WHEREAS, these complex diseases disrupt many different body systems and organs which cause neurological problems including dysfunction of the autonomic central nervous system, cognitive impairment of memory and concentration, insomnia, sensitivities to chemicals, endocrine system abnormalities and immunological problems among others, and they often complicate daily activities and persist for years; and

WHEREAS, NEIDs are debilitating chronic illnesses that can be life threatening, often taking an average of three to seven years to diagnose, and health organizations around the world are working to promote the education and training of health care professionals in the proper care and treatment of patients; and

NOW BE IT HEREBY PROCLAIMED by the Anaheim City Council that May 12, 2015, be designated as

INTERNATIONAL ME/CFS AND FIBROMYALGIA AWARENESS DAY

and the City of Anaheim hereby recognizes the difficulties encountered by these chronically ill individuals and encourage citizens to support research to find a cure and assist those who live with these devastating conditions to enhance their quality of life.

AUTHORIZED by the Anaheim City Council this 21<sup>st</sup> day of April, 2015.

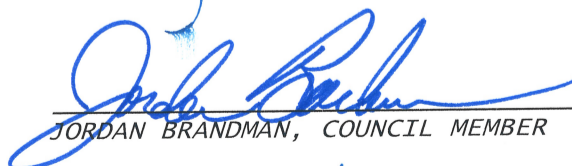
  
CITY CLERK

  
TOM TAIT, MAYOR



  
LUCILLE KRINGS, MAYOR PRO TEM

  
KRIS MURRAY, COUNCIL MEMBER

  
JORDAN BRANDMAN, COUNCIL MEMBER

  
JAMES VANDERBILT, COUNCIL MEMBER



# **ME/CFS:**

## **Myalgic Encephalomyelitis/Chronic Fatigue Syndrome**

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**Whitney: Casualty of ME/CFS...bedridden for 4 years...11 years of suffering...entirely bedridden in a dark room...unable to speak or communicate...unable to eat...PICC line to the heart provides only nutrients...115 pounds...6'3"**

# 4 Day Walkabout for ME/CFS Awareness.

This May 9-12, 2015

May 12th has been designated as International Awareness Day for Chronic Immunological and Neurological Diseases (CIND) since 1992. The diseases included in CIND are Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia (FM), Gulf War Syndrome (GWS) and Multiple Chemical Sensitivities (MCS)

ME/CFS is a major public health problem. Up to four million people are affected in the U.S. alone, upwards of 20 million worldwide. It is a complex, multi-system disorder with no clear diagnosis and no effective treatments or cure. An estimated 25% are entirely house, bed or wheelchair bound. Up to 60% are bedridden on their worst days. Approximately 80% are unable to work or attend school full time. There are more patients with ME/CFS than with AIDS, MS, lupus or lung cancer. Source OMF.

This disease has not received the proper research it deserves because of the name it was given in 1987. The name Chronic Fatigue Syndrome makes this condition sound trivial. It is far from trivial. People waste away to skin and bones. They lose friends and family, lose jobs, homes, and end up on the streets. This is NOT a trivial disease.

You can help raise awareness by wearing the color blue, the chosen color of ME/CFS, on Saturday, May 9<sup>th</sup>, and continue to wear blue through May 12<sup>th</sup>, the official ME/CFS Awareness Day. Learn about this disease. Tell others why you're wearing blue. Spread the word.

If you would like to donate to help find a cure you can do so at:

Pandora Org <http://Pandoraorg.net>

Or, The Open Medicine Foundation [www.openmedicinefoundation.org](http://www.openmedicinefoundation.org)

Pandora Org donates research dollars for a cure and brings meals and quilts to homebound patients. The President and Board members have spoken at federal government advisory committee meetings in the hopes of building more research funding and are active in donating to research groups.

Here in Orange County the support group, Fibromyalgia Awareness National Network, TheFANN.org, has been working with California State University Fullerton's Fibromyalgia and Chronic Pain Research Program for more than a decade.