



Mayor Rob Ford

Proclamation

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome, Fibromyalgia and Multiple Chemical Sensitivities Awareness Day

May 12, 2011

WHEREAS the Myalgic Encephalomyelitis Association of Ontario is a non-profit organization that has served our community since 1991, to support individuals living with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome, Fibromyalgia and Multiple Chemical Sensitivities.

Myalgic Encephalomyelitis (ME), commonly known as Chronic Fatigue Syndrome (ME/CFS), is a neurological and autoimmune disease characterized by overwhelming fatigue, pain, headaches, cardiac symptoms, immune disorders, dizziness and balance problems.

Fibromyalgia (FM) 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.

Multiple Chemical Sensitivities (MCS), also called Environmental Sensitivities or Intolerance, is characterized by an unusually severe sensitivity or allergy-like reaction to many different kinds of pollutants such as chemicals, perfumes and other environmental triggers.

NOW THEREFORE, I, Mayor Rob Ford, on behalf of Toronto City Council, do hereby proclaim **May 12, 2011** as "**Myalgic Encephalomyelitis/Chronic Fatigue Syndrome, Fibromyalgia and Multiple Chemical Sensitivities Awareness Day**" in the City of Toronto.

Mayor Rob Ford