

POSTER MAY 12 INTERNATIONAL AWARENESS DAY

DIRECTIONS

Purchase: 145% enlargement of the Banner
Multiple copies of the description of syndromes and symptoms page
20" x 30" white foam board
Glue
Sticky-back hook
Paper punch (optional)

1. Reproduce the banner, May 12 International Awareness Day, by enlarging it 145% at your local copy store. If you have a black and white printer, have it reproduced either on blue paper or on white paper in blue ink
2. Add your local group name, phone contact and email (if you have this) to the bottom of the "Syndromes and Symptoms" hand-outs and make many copies..
3. Purchase a white foam board (20" x30"). With the board in a vertical position, glue the banner across the top of the board.
4. Glue "Take One" below the banner on the left-hand side.
5. Place sticky-back hook below "Take One", punch a hole in the top center of the hand-outs, and place hand-outs on hook As an alternative, staple copies of handouts below "Take One".
6. Glue the sheet with prevalence figures, etc., beside "Take One" on the right-hand side of the board.
7. Make more posters and place them in strategic places all over town, e.g., pharmacies, hospitals, libraries, schools, shopping malls, doctors' offices. Be sure to get permission!
8. Ask your local library for assistance in displaying books on these diseases around the poster in a prominent location.

Prevalence of these conditions

ME/CFS - estimated 183 per 100,000

FMS - estimated 2,950 per 100,000

MCS - estimated 1,510 per 100,000

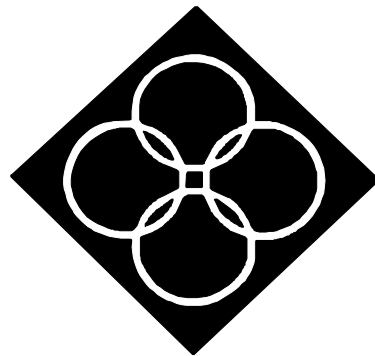
One in three of Gulf War vets have chronic health problems

This totals over 12,000,000 Americans

RESCIND, INC.

is a 501(c)3 non-profit organization comprised of people who suffer from the related illnesses myalgic encephalopathy, fibromyalgia syndrome, multiple chemical sensitivity syndrome and gulf war syndrome. Our mission statement is our name:

**Repeal
Existing
Stereotypes (about)
Chronic
Immunological and
Neurological
Diseases**



Over the last eight years, **RESCIND** has established contacts with activist leaders of various organizations. Our most successful venture to date has been the introduction of

MAY 12 INTERNATIONAL AWARENESS DAY.

May 12 was chosen to memorialize the birth date of Florence Nightingale, the English army nurse who inspired the founding of the International Red Cross. Nightingale contracted a paralyzing, ME/CFS-like illness in her mid-thirties and spent the last 50 years of her life virtually bedridden. Despite her illness, she managed to found the first-ever School of Nursing. It is fitting that this determined woman of the late 19th century now shines as a ray of inspiration and hope to victims of these chronic syndromes in the late 20th century.



TAKE ONE



**MAY 12 INTERNATIONAL AWARENESS DAY 1999
OVERLAPPING SYNDROMES**

MYALGIC ENCEPHALOPATHY/CHRONIC FATIGUE SYNDROME (ME/CFS)

1. Clinically evaluated, unexplained persistent or relapsing chronic fatigue that is of new or definite onset (i.e., not lifelong), is not the result of ongoing exertion, is not substantially alleviated by rest, and results in substantial reduction in previous levels of occupational, educational, social, or personal activities.
2. The concurrent occurrence of four or more of the following symptoms: substantial impairment in short-term memory or concentration; sore throat; tender lymph nodes; muscle pain; multi-joint pain without swelling or redness; headaches of a new type, pattern, or severity; non-refreshing sleep; and post-exertional malaise lasting more than twenty-four hours. These symptoms must have persisted or recurred during six or more consecutive months of illness and must not have predated the fatigue.

Centers for Disease Control (CDC) Case Definition for Chronic Fatigue Syndrome, December 1994

FIBROMYALGIA SYNDROME (FMS)

1. History of Widespread Pain

Definition: Pain is considered widespread when all of the following are present: Pain in the left side of the body; Pain in the right side of the body; Pain above the waist; Pain below the waist; Axial skeletal pain (cervical spine or anterior chest or thoracic spine or low back)

In this definition, shoulder and buttock pain is considered pain for each involved side. "Low back" pain is considered lower segment pain.

2. Pain in 11 of 18 Tender Point Sites on Digital Palpation

For classification purposes, patients are said to have fibromyalgia if both criteria are satisfied. Widespread pain must have been present for at least 3 months. The presence of a second clinical disorder does not exclude the diagnosis of fibromyalgia.

American College of Rheumatology 1990 Criteria for the Classification of Fibromyalgia

GULF WAR SYNDROME (GWS)

Gulf War illnesses are a collection of disorders that for the most part can be diagnosed and treated, if effective programs exist to assist veterans, and in some cases their immediate family members. Although these illnesses are complex and have multi-organ signs and symptoms, a proportion of these patients can be identified as having Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME) and/or Fibromyalgia Syndrome (FMS).

Nicolson GL, Nicolson NL, Institute for Molecular Medicine

"I am astonished at these numbers, that 45% of [deployed] Air Force Gulf War Veterans had some form of a CFS-like illness, 39% had a mild to moderate case, 6% had a severe case..." "...GWS is not just similar to CFS, it is identical."

William C. Reeves, MD, CDC Branch Chief, on results of CDC study on Air Force veterans

MULTIPLE CHEMICAL SENSITIVITY SYNDROME (MCS)

An acquired disorder triggered by exposure to diverse chemicals at doses far below those documented to cause adverse effects in humans. Symptoms are recurrent, involve many organ systems, and are elicited by exposure to the offending chemical compound(s).

Archives of Internal Medicine study comparing CFS, FMS and MCS

**COMMON SYMPTOMS
of the
OVERLAPPING
SYNDROMES**

Severity of symptoms varies from person to person. These symptoms, which can fluctuate from day to day, include, but are not limited to:

- Pain (often debilitating)
- Widespread body aches
- Chemical sensitivity
- Non-restorative sleep
- Fatigue (sometimes severe)
- Lack of energy
- Cognitive problems
- Memory Loss
- Depression
- Anxiety
- Dizziness
- Loss of balance
- Migraine headaches
- Tension headaches
- Irritable bowel
- Irritable bladder
- Cold intolerance
- Night sweats
- Restless legs
- Limb movements during sleep
- Numbness or tingling in the arms or legs
- Irritability
- Vision problems
- Sinus problems
- Allergies
- Skin rashes
- Dryness of the eyes or mouth
- Tinnitus (ringing in the ears)
- Fluctuating hearing loss
- Heightened sensitivities (to food, meds, light, etc.)
- Decreased libido

For further information, contact:



<http://www.geocities.com/capitolhill/4277>

MAY 12



2002

International Awareness Day

**MYALGIC
ENCEPHALOMYELITIS/
CHRONIC FATIGUE**

SYNDROME

ME/CFS

**GULF WAR
SYNDROME**

GWS

**FIBROMYALGIA
SYNDROME**

FMS

**MULTIPLE
CHEMICAL
SENSITIVITY
SYNDROME**

MCS