



Mayoral Proclamation

Myalgic Encephalomyelitis (ME) Awareness Day

WHEREAS, Myalgic Encephalomyelitis (ME), also known as Chronic Fatigue Syndrome (CFS), or (ME/CFS) is a disabling multisystem neuroimmune disease characterized by persistent and profound fatigue/exhaustion, post-exertional relapse, sleep disturbances/unrefreshing sleep, cognitive impairment, pain, headaches, cardiac and other symptoms that leave many ME patients homebound or bedridden for years or a lifetime and as many as 75% unable to work or go to school; and

WHEREAS, because of stigma and lack of attention by the government and the research and medical communities, patients struggle to access appropriate medical care and rarely recover due to a lack of treatments as there is no diagnostic test, or FDA approved treatment, resulting in loss of hope and thus higher rates of suicide; and

WHEREAS, as the COVID-19 pandemic has continued, it's become clear that some people who have had COVID-19 might not recover right away. Instead, they develop a longer-lasting illness (called post-COVID conditions). Many of the symptoms people with post-COVID conditions report include severe fatigue, headaches, brain fog, sleeping difficulties, and anxiety or depression. The Centers for Disease Control indicates that learning about the long-term effects of COVID-19 can help researchers understand ME, and what we know about ME may help people with long COVID; and

WHEREAS, awareness of ME should lead to increased funding for research and result in better diagnosis and treatment.

NOW, THEREFORE, I, Kate Stewart, Mayor of the City of Takoma Park, Maryland, do hereby proclaim the date of May 12, 2022 as Myalgic Encephalomyelitis (ME) Awareness Day in order to help spread awareness of the disease, the need for research and appropriate medical care and to support individuals and their families living with Myalgic Encephalomyelitis.

Dated this 11 day of May, 2022.

A handwritten signature in blue ink, appearing to read "Kate Stewart", is written over a horizontal line.

Kate Stewart
Mayor