

YES! I want to beat Fibromyalgia and Chronic Fatigue Syndrome.

Find enclosed my donation, payable to *FM-CFS Canada*, for:

- \$20
- \$50
- \$100
- \$_____

Name

Address

City/Province/Postal Code

Phone

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Credit Card #

Exp. Date

Signature

Tax receipt required: Yes
 No

To discuss making your donation in another manner, please contact us.

Who We Are

FM-CFS CANADA is a national charity founded in 1996. Our mission is to help Canadians affected by Fibromyalgia and Chronic Fatigue Syndromes by promoting research, education, and treatment.

In recent years, business and community leaders joined the team and more ambitious goals were set. In the past two years nearly 100 patient groups across Canada have joined in a consensus coalition. Medical associations and experts are helping the educational effort.

We aim for a seed investment to increase organisational capacity and provide initial sustainability. We have a plan to improve patient outcomes, boost research, and lower the short and long-term costs to society.

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Did You Know?

STATISTICS

At least 900,000 Canadians battle Fibromyalgia, possibly many more.

Statistics Canada reports 343,000 Canadians have ME/CFS.

We estimate more than 500 people are afflicted every week.

FMS and ME/CFS are recognised by the World Health Organisation, the USA's CDC, and Health Canada.

SOCIETY'S COSTS

Federally, the disability insurance payments and lost income taxes for FMS & ME/CFS cost billions annually.

The Provinces cover the health care and welfare costs and get less income tax and PST/HST.

Businesses lose employees and consumers. Families and especially children are hurt. More social services are needed for this community.



FM-CFS CANADA
COMPASSION IN ACTION

Fibromyalgia & Chronic Fatigue Syndromes

**More than one million
Canadians battle
Fibromyalgia and
Chronic Fatigue
Syndromes
every day.**

**IF YOU ARE ONE OF THEM,
YOU ARE NOT ALONE!**

www.fm-cfs.ca

Fibromyalgia

Fibromyalgia (FMS) is a neuropathic, chronic pain felt in at least 11 of 18 points across the entire body. It presents severe pain sensations that can vary from day to day. The unrelenting pain disables many.

Patients may also experience neurological and neurocognitive manifestations, fatigue, sleep problems and dysfunction of the immune system. Risks of other illness rise.

Research

The severe pain found in FMS and ME/CFS is a neuropathic pain. Canadian neuroscience research recently learned that the brain's microglia activate pain neurons in the spinal cord, causing the widespread neuropathic pain.

European research on ME/CFS suggests genetic and viral factors.

Visit FM-CFS.CA for more.

Chronic Fatigue Syndrome

Chronic Fatigue Syndrome (CFS), a.k.a. Myalgic Encephalomyelitis (M.E.), affects predominantly neurological, endocrine and immune systems.

Patients battle for at least 6 months physical and mental fatigue, experience post exertional malaise and/or fatigue, pain, neurological/neurocognitive manifestations (memory loss, dizziness, etc.) autonomic, neuroendocrine or immune manifestations (nausea, worsening of symptoms with stress, flu-like symptoms, etc.

The symptoms fluctuate from day to day, hour to hour and can lead to an inability to think clearly, and the development of other medical conditions, while the most basic of human activities are difficult to do.



Many thanks to The Ontario Trillium Foundation for their visionary support of FMS & ME/CFS education in Ottawa.

Community Objectives

EDUCATION

The education of health practitioners, patients and families, and the public are urgent priorities for the community.

TREATMENT

Patients need full access to health care's many non-pharmacological therapies, and knowledgeable professionals paid properly to treat them. Better medications will follow from the recent discoveries.

RESEARCH

While notable, little FMS or CFS/ME research is conducted in Canada considering the impact on society. In response, we're building a base of patients to help researchers and seeking research funding.

SUPPORT GROUPS

Visit our website to find links to nearly 100 patient groups across the country.

www.fm-cfs.ca

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