



CERTIFICATE of RECOGNITION

By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:

FIBROMYALGIA AWARENESS DAY

WHEREAS, fibromyalgia inflicts chronic widespread pain on millions of women, men and children of all backgrounds worldwide, including 10 million in the United States; and

WHEREAS, in addition to chronic widespread pain, other symptoms of fibromyalgia include moderate to severe fatigue, sleep disorders, problems with cognitive functioning, irritable bowel syndrome, headaches and migraines, anxiety and depression, and environmental sensitivities; and

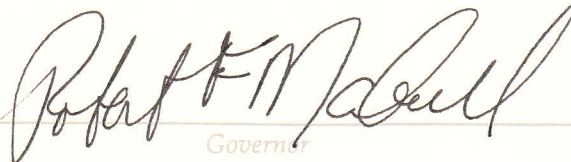
WHEREAS, it is important to broaden and improve the research and education of fibromyalgia, as there is no known cause or cure for the disorder and it often takes an average of five years for a patient to be diagnosed with the disorder; and

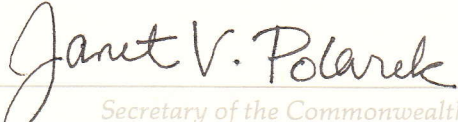
WHEREAS, treatments focus on relieving symptoms and improving function in three ways: first, reducing pain levels and improving sleep through the use of prescription medications; second, managing symptoms through alternative therapies, including massage, myofascial release, acupuncture, chiropractic, herbal supplements and yoga; and finally, pacing activities, increasing rest, reducing stress, practicing relaxation and improving nutrition to minimize symptoms and improve the patient's quality of life; and

WHEREAS, increased awareness and expanded knowledge of fibromyalgia will allow our Commonwealth to better support those citizens struggling with the challenges of this chronic pain disorder; and

NOW, THEREFORE, I, Robert F. McDonnell, do hereby recognize May 12, 2010 as **FIBROMYALGIA AWARENESS DAY** in our **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of all our citizens.




Governor


Secretary of the Commonwealth