

**Assembly Concurrent Resolution**

**No. 55**

**Introduced by Assembly Member Olberg**

May 6, 1999

Assembly Concurrent Resolution No. 55—Relative to Fibromyalgia Awareness Day.

LEGISLATIVE COUNSEL'S DIGEST

ACR 55, as introduced, Olberg. Fibromyalgia Awareness Day.

This measure would declare May 12, 1999, to be Fibromyalgia Awareness Day, and would encourage the observance of this event in communities throughout the state.

Fiscal committee: no.

1 WHEREAS, Generalized pain and musculoskeletal  
2 tenderness, fatigue, nonrestorative sleep, and morning  
3 stiffness characterize Fibromyalgia Syndrome (FMS).  
4 People with FMS often report that they “hurt all over.”  
5 Many describe the pain as aching, exhausting, or nagging.  
6 Pain is most commonly associated with tender points in  
7 the suboccipital area of the neck, shoulder, chest wall,  
8 elbows, knees, hips, and back. Muscle cramping and  
9 spasms are common. Although classified as a chronic pain  
10 syndrome, FMS may produce “flares” of acute pain. In  
11 fact, pain may become so severe that it limits range of  
12 motion and functional ability; and

13 WHEREAS, Often denied or misunderstood, FMS has  
14 been described as an invisible illness. Because people



1 with the syndrome do not look sick, their clinicians,  
2 family, and friends may fail to respond empathetically.  
3 Over time, that insensitivity may produce self-doubt and  
4 diminish self-worth; and

5 WHEREAS, The condition often is mislabeled as  
6 rheumatism, fibromyostis, and myositis. Unlike stiffness  
7 associated with arthritis, pain from FMS does not  
8 diminish with activity; and

9 WHEREAS, In addition to pain, signs and symptoms of  
10 FMS include dry eyes and mouth, swelling, sleep  
11 myoclonous, paresthesia, poor posture, weight gain, cold  
12 sensitivity, exercise intolerance, difficulty concentrating,  
13 visual effects, balance disturbances, and anxiety. Febrile  
14 illnesses, physical or emotional trauma, cold or damp  
15 weather, and acute or chronic stress may precipitate or  
16 intensify FMS symptoms. Various other disorders such as  
17 irritable bowel syndrome, irritable bladder, chronic  
18 headache (both migraine and tension), dysmenorrhea,  
19 chronic fatigue syndrome, restless legs syndrome,  
20 periodic limb-movement disorder, osteoarthritis, and  
21 myofascial pain syndrome are common in those with  
22 FMS; and

23 WHEREAS, The causes of FMS are unknown. No  
24 known laboratory test is diagnostic for FMS, and most  
25 people with this condition suffer more than six years  
26 before receiving a correct diagnosis; and

27 WHEREAS, The Arthritis Foundation reports that  
28 FMS affects approximately five million Americans, or 2  
29 percent of the population of the United States. Of the  
30 ailments for which people seek care from  
31 rheumatologists, FMS is second only to rheumatoid  
32 arthritis. The syndrome is about 8 to 10 times more  
33 common among women than men. Although FMS occurs  
34 in all age groups, it is generally diagnosed in adults in their  
35 mid-40s; now, therefore, be it

36 *Resolved by the Assembly of the State of California, the*  
37 *Senate thereof concurring,* That the Legislature of the  
38 State of California declares May 12, 1999, to be  
39 Fibromyalgia Awareness Day, and encourages the



1 observance of this event in communities throughout the  
2 state; and be it further  
3 *Resolved*, That the Chief Clerk of the Assembly  
4 transmit copies of this resolution to the author for  
5 appropriate distribution.

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