

AMENDED IN ASSEMBLY MAY 25, 1999

CALIFORNIA LEGISLATURE—1999–2000 REGULAR SESSION

Assembly Concurrent Resolution

No. 55

Introduced by Assembly Member Olberg

(Coauthors: Assembly Members Aanestad, Ackerman, Alquist, Aroner, Ashburn, Baldwin, Bates, Battin, Baugh, Bock, Brewer, Briggs, Calderon, Cardenas, Cardoza, Corbett, Correa, Cox, Cunneen, Davis, Dickerson, Ducheny, Dutra, Florez, Frusetta, Gallegos, Granlund, Havice, Hertzberg, Honda, House, Jackson, Kaloogian, Keeley, Knox, Kuehl, Leach, Lempert, Leonard, Longville, Lowenthal, Machado, Maddox, Maldonado, Margett, Mazzoni, McClintock, Migden, Nakano, Oller, Robert Pacheco, Rod Pacheco, Pescetti, Reyes, Romero, Runner, Scott, Shelley, Steinberg, Strickland, Strom-Martin, Thompson, Thomson, Torlakson, Villaraigosa, Vincent, Washington, Wayne, Wesson, Wildman, Wright, and Zettel)

May 6, 1999

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

LEGISLATIVE COUNSEL'S DIGEST

ACR 55, as amended, Olberg. Fibromyalgia Awareness ~~Day~~ *Month*.

This measure would declare May ~~12~~, 1999, to be Fibromyalgia Awareness ~~Day~~ *Month*, 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
15 with the syndrome do not look sick, their clinicians,
16 family, and friends may fail to respond empathetically.
17 Over time, that insensitivity may produce self-doubt and
18 diminish self-worth; and

19 WHEREAS, The condition often is mislabeled as
20 rheumatism, fibromyostis, and myositis. Unlike stiffness
21 associated with arthritis, pain from FMS does not
22 diminish with activity; and

23 WHEREAS, In addition to pain, signs and symptoms of
24 FMS include dry eyes and mouth, swelling, sleep
25 myoclonous, paresthesia, poor posture, weight gain, cold
26 sensitivity, exercise intolerance, difficulty concentrating,
27 visual effects, balance disturbances, and anxiety. Febrile
28 illnesses, physical or emotional trauma, cold or damp
29 weather, and acute or chronic stress may precipitate or
30 intensify FMS symptoms. Various other disorders such as
31 irritable bowel syndrome, irritable bladder, chronic
32 headache (both migraine and tension), dysmenorrhea,
33 chronic fatigue syndrome, restless legs syndrome,
34 periodic limb-movement disorder, osteoarthritis, and
35 myofascial pain syndrome are common in those with
36 FMS; and



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

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

14 *Resolved by the Assembly of the State of California, the*
15 *Senate thereof concurring,* That the Legislature of the
16 State of California declares ~~May 12, 1999,~~ *May 1999* to be
17 Fibromyalgia Awareness ~~Day~~ *Month*, and encourages the
18 observance of this event in communities throughout the
19 state; and be it further

20 *Resolved,* That the Chief Clerk of the Assembly
21 transmit copies of this resolution to the author for
22 appropriate distribution.

