

## Assembly Concurrent Resolution No. 55

### RESOLUTION CHAPTER 59

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

[Filed with Secretary of State July 9, 1999.]

#### LEGISLATIVE COUNSEL'S DIGEST

ACR 55, Olberg. Fibromyalgia Awareness Month.

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

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

WHEREAS, Often denied or misunderstood, FMS has been described as an invisible illness. Because people with the syndrome do not look sick, their clinicians, family, and friends may fail to respond empathetically. Over time, that insensitivity may produce self-doubt and diminish self-worth; and

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

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

WHEREAS, The causes of FMS are unknown. No known laboratory test is diagnostic for FMS, and most people with this



condition suffer more than six years before receiving a correct diagnosis; and

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

*Resolved by the Assembly of the State of California, the Senate thereof concurring,* That the Legislature of the State of California declares June 1999 to be Fibromyalgia Awareness Month, and encourages the observance of this event in communities throughout the state; and be it further

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

