

SAMPLE ADVOCACY LETTER

FM/CFS/ME RESOURCES

Dayton, OH 45458

February 18, 2009

Honorable Sherrod Brown
Senator of Ohio
455 Russell
Washington, DC 20510

Dear Senator Brown:

What You Want the Reader to Do

May 12th is National FM/CFS/ME Awareness Day. I have enclosed our FM/CFS/ME Fact Sheet outlining what Fibromyalgia (FM) and Chronic Fatigue Syndrome/Myalgic Encephalopathy (CFS/ME) are, and how they affect the constituents in your state.

Most Important Facts Supporting Your Cause

FM has been recognized by the National Institutes of Health and the American College Of Rheumatology. FM experts estimate that about 10 million Americans and Approximately 3-6% of the population worldwide suffers with FM. While it is most common in women, FM strikes men, women, and children of all ages and ethnic backgrounds.

CFS/ME is a poorly understood, highly debilitating disorder of unknown cause. It is thought to affect approximately 4 per 1,000 adults in the United States, and a smaller fraction of children. For those with severe symptoms, FM and CFS/ME can be extremely disabling and interfere with routine daily activities.

How Your Reader Can Make a Personal Difference

I have long admired your strong leadership and commitment to issues relative to the diverse needs of individuals with disabilities. Accordingly, I would be extremely grateful if you would help us to find a cure by continuing to allocate funding for much needed research projects.

Thanks, And Contact Information

Please do not hesitate to contact me if you need additional information. I can be reached at work, (800) 555-1212. Thank you for your time and consideration.

Sincerely,

Misty Roberts

Misty Roberts
Co-Founder/Patient