

SAMPLE ADVOCACY LETTER

FM/CFS/ME RESOURCES
West Palm Beach, FL 33416

January 10, 2010

Honorable Bill Nelson
Senator of Florida
716 Hart Senate Office Building
Washington DC 20510

Dear Senator Nelson:

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

Fibromyalgia (FM) is a central sensitivity syndrome (CSS) characterized by chronic pain, stiffness, and tenderness of muscles, tendons, and joints without inflammation. FM is a disabling disease which can last a lifetime. FM is seen worldwide, in all ages and ethnic groups, from young children through older adults. For most individuals the symptoms begin in their 20's or 30's.

Chronic Fatigue Syndrome/Myalgic Encephalopathy (CFS/ME) is a serious, disabling and chronic neuro-immune illness affecting approximately 1 million people in the United States and as many as 17 million people worldwide. CFS/ME is characterized by debilitating fatigue (exhaustion and extremely poor stamina), neurological problems and a variety of flu-like symptoms.

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. I would be extremely grateful if you would help 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 (800) 555-1212. Thank you for your time and consideration.

Sincerely,

Misty Roberts

Owner/Patient
FM/CFS/ME RESOURCES
<http://fmcfsmc.com>