

MAY 12

International ME/CFS Awareness Day

Turning the spotlight on Myalgic Encephalomyelitis (and Chronic Fatigue Syndrome)

BRAME sees International ME/CFS Awareness Day on May 12 as an ideal opportunity to have a united approach across the world, through the wearing of the symbolic Blue Ribbon, to help to promote a greater awareness and understanding of ME and CFS, both as very real, and for many, very debilitating neurological illnesses, and to highlight the consequences of living with ME and CFS for the sufferer, carer, and all those affected.

In order to shed light on the devastating impact of ME and CFS, May 12 was designated as International ME/CFS Awareness Day. The strength of the May 12 event lays in the fact that it offers sufferers of these illnesses, and the people who care about them, the opportunity to communicate the debilitating and complex nature of neurological ME and CFS, on the same day, all around the world.

May 12 also offers a worldwide opportunity to create a greater awareness and understanding of ME and CFS amongst the medical profession, educationalists, employers, politicians, and society in general.

We welcome the universal efforts of all the individuals, groups, and countries around the world who support the BRAME campaign, not just on May 12, but throughout the year, which offers us all the opportunity to create a greater awareness and understanding of ME and CFS, and also allows us to offer understanding, and support, to all those living with ME and CFS.

The May 12 date was chosen to commemorate the birth date of Florence Nightingale, the British nurse who inspired the founding of the International Red Cross. She apparently contracted a paralyzing ME/CFS-like illness in her mid-thirties, and spent the last fifty years of her life virtually bedridden. Despite her illness, Florence Nightingale managed to found the first ever School of Nursing. It is fitting that the "Lady of the Lamp" continues, into the 21st century, to shine as a ray of inspiration, and hope, to all those affected by ME and CFS.

May 12 ME/CFS Awareness Day was initiated in 1992 by Tom Hennessey, President of RESCIND, USA.



BRAME - Blue Ribbon for the Awareness of Myalgic Encephalomyelitis

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