

ENROLLED SENATE
CONCURRENT
RESOLUTION NO. 32

By: Leftwich of the Senate

and

Lindley of the House

A Concurrent Resolution designating May 12, 1999, as Fibromyalgia Awareness Day in the State of Oklahoma; urging all Oklahomans to educate themselves on the nature of this disease; and directing distribution.

WHEREAS, Fibromyalgia is a chronic disorder characterized by widespread musculoskeletal pain, fatigue, and multiple tender points. The term "Fibromyalgia" means pain in fibrous and muscular tissues; and

WHEREAS, Fibromyalgia, according to the American College of Rheumatology, affects three to six million American women primarily during the childbearing age but can also affect children, the elderly, and men. Sometimes Fibromyalgia occurs in more than one member of a family. Stress, anxiety, depression, or inadequate sleep may contribute to it; and

WHEREAS, the cause of Fibromyalgia is unknown, but can be caused by an injury or trauma which causes changes in muscle metabolism, such as decreased blood flow, causing fatigue and decreased strength. However, pain is the primary symptom. It is most common in the neck, chest, arms, legs, hips, and back; and

WHEREAS, a person with Fibromyalgia looks normal, and a general physical examination is usually not adequate to identify the disease. A further examination of the patient's muscle will reveal tender areas at specific locations. Other common symptoms are fatigue, which may be mild or severe, headaches, anxiety, depression, and problems with the digestive system, especially difficulty swallowing or recurrent abdominal pain; and

WHEREAS, the most successful treatment for Fibromyalgia is a healthy diet, balanced exercise, and rest. Should diet, exercise, and adequate rest not relieve the symptoms of Fibromyalgia, antidepressants, muscle relaxants, and anti-inflammatory drugs may be prescribed; and

WHEREAS, although there is no known way to prevent Fibromyalgia, staying as healthy as possible with a good diet, safe exercise, and adequate rest is the best deterrent.

NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF THE 1ST SESSION OF THE 47TH OKLAHOMA LEGISLATURE, THE HOUSE OF REPRESENTATIVES CONCURRING THEREIN:

THAT the Oklahoma State Legislature hereby designates May 12, 1999, as Fibromyalgia Awareness Day in the State of Oklahoma.

THAT the Oklahoma State Legislature urges all Oklahomans to educate themselves on the nature of this disease.

THAT a copy of this resolution be distributed to the State Department of Health and the Oklahoma Chapter of the Arthritis Foundation.

Adopted by the Senate the 24th day of May, 1999.

President of the Senate

Adopted by the House of Representatives the 27th day of May, 1999.

Speaker of the House of Representatives

