

# EXTENSIONS OF REMARKS

INTERNATIONAL CHRONIC FATIGUE AND IMMUNE DYSFUNCTION SYNDROME AWARENESS DAY

## HON. MICHAEL P. FORBES

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

Monday, May 12, 1997

Mr. FORBES. Mr. Speaker, I rise today to ask my colleagues to join me in recognizing May 12, 1997, as International Chronic Fatigue Immune Dysfunction Syndrome [CFIDS] Awareness Day. We recognize the need to raise public awareness of this debilitating, yet still largely ignored disease that medical experts believe strikes an estimated 2 to 3 million Americans.

Over the past 2 years, I have met many times with the CFIDS patients, many of whom are waging a valiant battle to direct more public attention and resources toward the search for a cure. It is absolutely heartbreaking to see our parents, neighbors, spouses, and children, or anyone suffer through the enduring pain and pervasive weakness of CFIDS. To see vibrant, energetic people stricken with a mysterious ailment that medical professionals cannot cure and others do not understand is both sad and confounding.

Currently, there are relatively few treatments for this terrible disease, and those that doctors do employ have marginal effectiveness. For reasons that researchers do not understand, Chronic Fatigue Syndrome is diagnosed mostly in white women, typically in their thirties, though a growing number of children appear to have CFIDS and more men are also being diagnosed. In my home area of eastern Long Island, this cruel disease has stricken a disproportionately high number of people. Experts say an estimated 2,000 cases of Chronic Fatigue Syndrome have been diagnosed throughout Suffolk County. I am committed to supporting every effort to eradicate this horrible malady, and helping those who suffer its disabling wrath.

The sad fact is that doctors and scientists have few answers to this puzzling disease. Though still often treated as depression, researchers have unearthed evidence of subtle abnormalities in the immune systems of CFIDS sufferers. This has led to widely held consensus that Chronic Fatigue is the manifestation of an immune system that has turned on the body that it is supposed to protect.

The National Institute of Allergy and Infectious Diseases has assured me that it is also committed to supporting research that will lead to the discovery of the cause of CFIDS. Just as importantly, we must emphasize the need to develop effective methods for diagnosing, treating, and preventing this crippling disorder.

Mr. Speaker, I ask my colleagues in the House of Representatives to join me in recognizing International Chronic Fatigue Immune Dysfunction Syndrome [CFIDS] Awareness Day on May 12. Only through raising recognition of this mysterious ailment can we hope to

discover a cure and attain some measure of relief for those who are caught in its debilitating grip.

IN RECOGNITION OF HELP TO OTHERS, LAKEWOOD, OH

## HON. DENNIS J. KUCINICH

OF OHIO

IN THE HOUSE OF REPRESENTATIVES

Monday, May 12, 1997

Mr. KUCINICH. Mr. Speaker, I rise in recognition of the accomplishments of an innovative youth program in Lakewood, OH, known as Help To Others [H<sub>2</sub>O].

Help To Others is a youth volunteer program sponsored jointly by the city of Lakewood/Division of Youth Services and Lakewood city schools. It was started in early 1993 to enable young people to identify community needs and develop solutions to those needs. The young participants engage in problem solving with adults and institutions. They prove that with an organizational backing, young people can and will choose to get involved in their community.

Help To Others has involved over 350 students from Lakewood High School in over 230 service projects. Those students have donated over 12,000 hours of service.

One of Help To Others' most recognized projects is "Home Alone," a workshop for students in grades 3–5 to help them feel safer and cope better when they are home alone. The young students learn first aid, phone/door greetings, and fire safety. They learn how to deal with general house concerns such as power failure and an overflowing toilet, and they learn coping skills that help them resolve conflicts with siblings and friends.

Home Alone prepares youngsters for the times when they must be responsible for themselves or other children when there are no adults to help. While Home Alone was designed to assist families with latchkey concerns, parents of all children have recognized the value of the information on safety.

Home Alone was created and is staffed by Lakewood High School students. It draws on the knowledge and talents of experts from the Lakewood Division of Youth, Lakewood Hospital, Lakewood Police Department, Lakewood Fire Department, and Cleveland Electric Illuminating Company.

Home Alone was recently recognized by the Points of Light Foundation and was a winner of the BEST Practices Award, which is sponsored by the Ohio Department of Education.

INTERNATIONAL CHRONIC FATIGUE AND IMMUNE DYSFUNCTION SYNDROME AWARENESS DAY

## HON. PAUL McHALE

OF PENNSYLVANIA

IN THE HOUSE OF REPRESENTATIVES

Monday, May 12, 1997

Mr. McHALE. Mr. Speaker, I would like to take this opportunity to honor and recognize May 12, as International Chronic Fatigue and Immune Dysfunction Syndrome [CFIDS] Awareness Day. This proclamation was presented to the Chronic Fatigue Syndrome Association of the Lehigh Valley, PA:

PROCLAMATION—INTERNATIONAL CHRONIC FATIGUE AND IMMUNE DYSFUNCTION SYNDROME AWARENESS DAY

Whereas, the Chronic Fatigue Syndrome Association of the Lehigh Valley joins The CFIDS Association of America, the world's largest organization dedicated to conquering CFIDS, in observing May 12, 1997 as International Chronic Fatigue and Immune Dysfunction Syndrome Awareness Day; and

Whereas, the Chronic Fatigue Syndrome Association of the Lehigh Valley is celebrating its fifth year of service to the CFIDS community; and

Whereas, the Chronic Fatigue Syndrome Association of the Lehigh Valley Recently received its second CFIDS Support Network Action Award for excellence in service in the area of CFIDS Awareness Day in 1996; and

Whereas, chronic fatigue and immune dysfunction syndrome (CFIDS), also known as chronic fatigue syndrome, is a complex illness which affects many different body systems and is characterized by neurological, rheumatological and immunological problems, incapacitating fatigue and numerous other symptoms that can be severely debilitating; and,

Whereas, conservative estimates suggest that hundreds of thousands of American adults and children have CFIDS; and

Whereas, it is imperative that education and training of health professionals regarding CFIDS be expanded and that public awareness of this serious health problem be increased.

Now, Therefore, Congressman Paul McHale does recognize May 12, 1997 as International Chronic Fatigue and Immune Dysfunction Syndrome Awareness, commends the Chronic Fatigue Syndrome Association of the Lehigh Valley on its 5th anniversary and pays tribute to its efforts to conquer CFIDS on behalf of those battling this disabling illness.

Signed and Sealed this Ninth Day of May, One Thousand Nine Hundred and Ninety-seven.

• This "bullet" symbol identifies statements or insertions which are not spoken by a Member of the Senate on the floor.

Matter set in this typeface indicates words inserted or appended, rather than spoken, by a Member of the House on the floor.