

# SOLVECFS

## Like you, we've got big dreams.

A big vision.

A world free of the suffering caused by CFS.

Suffering that occurs not just because of the many symptoms of the illness and all the body systems that are affected, but suffering that comes from people not knowing.

Doctors not understanding.

Family members growing impatient.

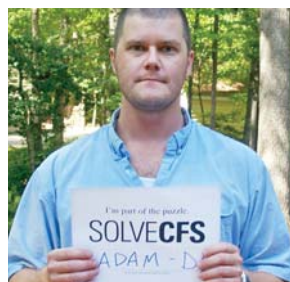
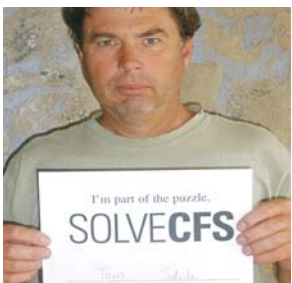
Friends drifting away.

Hopes deferred. Scripts rewritten. Lives erased.

We're working hard to change the future for the millions of people affected by chronic fatigue syndrome. CFS is a serious and complex illness, a puzzle that has defied being solved for a quarter of a century. So what's different now?

## What makes us think we can change the future?

We have **you**, and a lot of people like you, who want to be part of the solution.



Validate. Innovate. Eliminate.

I'm part of the puzzle.

# SOLVECFS

(write your first name and city here)

## Together we can solve CFS.

The CFIDS Association of America has taken a commanding leadership role in research. We have built a network of linked investigators that is already producing results. We're repositioning CFS as an important policy issue for lawmakers and policymakers.

Like most complex puzzles, the more people working on the problem, the more rapidly we'll identify the solution. Last year you helped expand our research program by enabling us to reach our \$1 million goal for the first phase of the Campaign to Accelerate CFS Research. Now we're building on that momentum and aiming even higher — to raise \$5 million by the end of 2010. These funds will support the Association's vital research and policy initiatives that will validate, innovate and, ultimately, eliminate CFS.

## What makes you think we **can't** change the future? If we don't do it, who will?

Learn more about what we're doing and find out how people like Beth, Will, Tyler, Merritt and Robert are recruiting support at [www.SolveCFS.org](http://www.SolveCFS.org). Find out what thousands of people with CFS told us they'd do tomorrow if they were completely well. Make a gift. Take a photo with the SolveCFS sign and add it to our Facebook photo album. Engage others and encourage their support. Be part of the solution. **Together we can solve CFS.**

### Where to find us online

[www.SolveCFS.org](http://www.SolveCFS.org)  
[www.cfids.org](http://www.cfids.org)  
[www.facebook.com/SolveCFS](http://www.facebook.com/SolveCFS)  
[www.facebook.com/CFIDSassn](http://www.facebook.com/CFIDSassn)  
[www.twitter.com/PlzSolveCFS](http://www.twitter.com/PlzSolveCFS)  
[www.youtube.com/SolveCFS](http://www.youtube.com/SolveCFS)

### Ways to donate

Use the enclosed envelope  
[www.SolveCFS.org](http://www.SolveCFS.org)  
[www.cfids.org](http://www.cfids.org)  
Facebook cause: SolveCFS

## twitter

I want to keep up with the Joneses. And you. I want the life I haven't had yet. You can help solve CFS. Donate at [www.SolveCFS.org](http://www.SolveCFS.org). **Tyler**  
1:33 PM Sep 15th from web

"I missed another friend's bridal shower this weekend. It's been eight days since I've left the second floor of my parents' house, and it's been three days since I've had a shower myself. This is the worst I've been this year, but it's not the worst I've been since getting sick nine years ago. I don't think I'd survive feeling that bad again."

(Merritt, in the first of her audio-diary entries)

## facebook



**Beth** is donating her 34th birthday to SolveCFS and asks friends and family to make a donation to her favorite cause on Facebook. I've been ill for 7 years now and don't know where I'd be without your support. Love, **Beth**

6 hours ago · Comment · Like · Share

## You Tube

Broadcast Yourself™

### What Would You Do?



★★★★★ 97 ratings

1,275 views

Dear Richard,

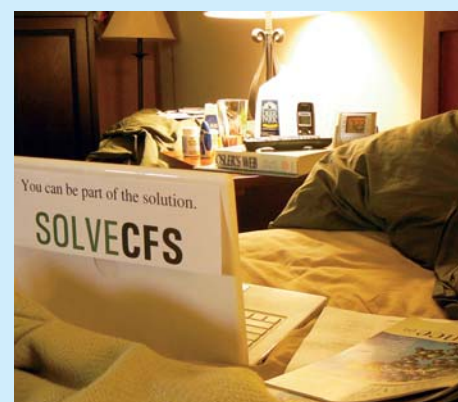
I'm sorry I haven't been in touch. I appreciate your calls last fall, and I understand why you stopped calling when I didn't respond. I miss having you in my life and I hope you'll accept my apology for being so distant. You might have heard through the grapevine that I've been ill. I got what I thought was the flu 18 months ago but I never got over it. Through last summer I tried keeping up a "normal" schedule but barely made it through each day, trying to manage kids, my job and the house. Krista was great, but by the time school started, we were both frustrated with how little I could reliably do. The doctors didn't have many answers for me. They tested me for infections, MS, cancer and a bunch of other things. Most tests came back normal and while some of the medication helped me sleep better and reduced pain, most treatments had too many side effects or made other things worse. I kept hoping for a "magic bullet" and that all my bizarre symptoms would go away. Now I am beginning to accept that recovery may be a longer process and that I'll have to make some tradeoffs every day just to do a few things.

You see, I have CFS. It's a silly name, especially when you compare it to how I feel. In spite of what it's called, I've learned that it affects every system in my body. Research has shown that my body doesn't respond normally to things like infections, exertion, chemicals (including medications), noise, heat. The worst part of having CFS is that I can't predict when I will have a "crash." I'm learning how to adjust my activity to build some reserves for really important things, but often I'm faced with basic choices like whether to shower or to join Krista and the kids at the dinner table. Yes, it's really that bad.

From all those years we worked and traveled together, you know I am strong and now I'm finding inner strengths I didn't realize I had, even though my body fails me most of the time. I'm not writing to stir your sympathy, but I feel like I dropped out of civilization and I wanted to let you know why. I also wanted to ask for your help. I could use a call, a text, a note whenever you can manage it. I'm involved in supporting the research and advocacy organization that will find answers for people like me. I would be grateful for your contribution to SolveCFS. In this economy, nonprofits are working even harder to bridge the gaps. You can make a secured donation at [www.SolveCFS.org](http://www.SolveCFS.org).

I hope you and your family are well. I hope to do better at staying in touch. I'm on Facebook now since I rarely leave the house. Thanks for keeping me in your thoughts.

Best, **Will**



"Hi honey. It's Dad. Listen, I would really appreciate time to talk when you come by Sunday with the groceries. I know you're busy, and that you're frustrated with me and having to take care of things I haven't been able to do for myself. I want to try to do a better job of explaining why and

to let you know how much having your help means to me. I'll see you in a couple days. Thanks Tanya."

(Robert's voice mail message to his daughter)