Dear Family and Friends:

I suffer from a debilitating disease that most people have never heard of.

Myalgic Encephalomyelitis or Chronic Fatigue Syndrome (ME/CFS) is a multi-system disease characterized by profound fatigue, cognitive impairment, sleep abnormalities, pain, and a myriad of other symptoms that are made worse by exertion of any sort. I share this with you not for your sympathy, but for your empathy. It is so important to me that this disease come out of the shadows.

The cause of ME/CFS is unknown, and there are no CIHR-approved treatments. There are millions of people just like me around the world. It is estimated that there are 560,000 people affected with ME/CFS in Canada alone, and over 20 million worldwide.

There is a beacon of hope for the ME/CFS community. Open Medicine Foundation Canada (www.omfcanada.ngo) is a leading non-profit organization funding collaborative research in chronic complex diseases. Their primary focus is on ME/CFS. The OMF Scientific Advisory Board is led by Dr. Ronald W. Davis, PhD, Director of the Stanford Genome Technology Center and member of the U.S. National Academy of Sciences and includes two Nobel laureates as well as other pre-eminent scientists. OMF Canada is currently funding critical ME/CFS research projects including collaborative research centers at Stanford University and Harvard University.

ME/CFS has had a significant impact on my life. (Insert personal story.) More than anything, I dream of the day there will be treatments to help me get back to spending time with you, and for the day when a cure is found so no one will ever again know this agony.

Please join me in supporting OMF Canada’s research to find answers. Right now, OMF Canada has a unique matching gift opportunity. Now through December 3, **your donation will be triple matched**. Please join me and donate as generously as possible. Your support is truly meaningful for me.

Thank you for your support, understanding, and generosity.

Sincerely,