



**Fibromyalgia Action UK**  
Fighting for Freedom from Fibromyalgia

**FIBROMYALGIA AWARENESS WEEK 2018**

## **DON'T DELAY, CONNECT TODAY**

*For immediate release*

[insert date]

### **[Name of group] holds [insert event title] to support Fibromyalgia Awareness Week 2018**

[Name of group] will be holding an event on [insert date of event], as part of a national effort to raise awareness of fibromyalgia. Fibromyalgia Awareness Week, from 2nd to 9th September 2018, was established by Fibromyalgia Action UK to raise awareness of fibromyalgia. The awareness campaign now takes place every year during the first full week of September.

Fibromyalgia is a chronic, long-term condition involving widespread pain, a heightened pain response, and overwhelming fatigue, among a variety of other symptoms. These include: un-refreshing sleep, waking up tired and stiff; cognitive disturbances, including a lack of concentration, temporary memory impairment and mixing up words, more commonly known as 'brain fog'; clumsiness and dizziness; headaches; irritable bowel syndrome; and a heightened sensitivity to changes in environmental stimuli, such as light and touch.

Fibromyalgia Awareness Week aims to get as many people as possible talking about fibromyalgia, and for the first time in 2018, Fibromyalgia Action UK have decided to use a theme to co-ordinate events throughout awareness week, building upon the theme launched for International Fibromyalgia Awareness Day on May 12th 2018. The theme, 'Don't Delay, Connect Today' is being used to emphasise the importance of early diagnosis and recognition of fibromyalgia, in addition to timely access to evidence-based treatment and peer support for those living with fibromyalgia. This theme has been inspired by the European League Against Rheumatism's ongoing 'Don't Delay, Connect Today' campaign.



[Name of group, location] will join hundreds of other groups, organisations and individuals, who will all be talking about fibromyalgia and the impact of this condition on the lives of those living with the condition, as well as their family and friends. The activity planned for awareness week by [name of group] will include [include a sentence or short paragraph here about what your group is doing to celebrate awareness week].

To the surprise of many, fibromyalgia is a relatively common condition, though few people are aware of it. A European survey of five countries estimated that 2.9% to 4.7% of Europeans were living with fibromyalgia. Using the lowest estimate, this means around two million people in the UK are likely to be directly affected by fibromyalgia.

[Name of representative, role at group] said [“include a quote about why you are taking part in awareness week.”]

Des Quinn, Chair of Fibromyalgia Action UK, said: “Fibromyalgia is an all too common condition that affects potentially 1 in 20 people. Yet too often, we find that people are not aware of the condition. Publicity in the last year with Lady Gaga and other efforts have helped this, but there is still some way to go. Fibromyalgia is not just being a bit sore; it is a condition that can ruin people’s working and personal lives, leaving them to grieve for the people that they once were. Fibromyalgia Action UK continues to fight for freedom from fibromyalgia and with our supporters, we will continue to raise awareness generally and fight to improve treatment options within the National Health Service (NHS).”

For more information about fibromyalgia awareness week and how you can get involved, please visit: [www.fmauk.org/campaigns](http://www.fmauk.org/campaigns)

### *Notes to Editor*

For more information about Fibromyalgia Action UK, please email [head.office@fmauk.org](mailto:head.office@fmauk.org) or call 0141 255 1570