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MEAO - an organization representing and supporting the medical conditions of Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia (FM) and Environmental Sensitivities/Multiple Chemical Sensitivity (ES/MCS)

MEAO'S NEWSLETTER

June, 2022

Dear Members and Friends of MEAO:

On May 12th, 2022, MEAO hosted a Zoom meeting to mark International Awareness Day for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia (FM) and Environmental Sensitivities/Multiple Chemical Sensitivity (ES/MCS).

Dr. Farah Tabassum and Dr. Sarah Selke, who are staff physicians at Women's College Hospital's Environmental Health Clinic (EHC) were our guest speakers. They are two young, knowledgeable physicians with fresh new ideas, who will be carrying on the work of the Environmental Health Clinic. They shared some of the latest research on ME/CFS, FM and ES/MCS.

They both completed the year-long PGY-3 Enhanced Skills Program in Clinical Environmental Health through the University of Toronto's Department of Family and Community Medicine (DFCM). Their bios are in the presentation that's attached to the email delivering this newsletter.

The Program:

Drs. Tabassum and Selke gave a presentation entitled "Healthcare System Barriers to Better Care - Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia (FM) and Environmental Sensitivities/Multiple Chemical Sensitivity (ES/MCS)".

With the advent of Covid-19 pandemic, the presentation also addressed how a new wave of patients with post-viral onset of a fatiguing illness has emerged. Learn about what is known to date about Post COVID Condition (PCC/long COVID) as it relates to Myalgic Encephalomyelitis.

We are pleased to attach a copy of Drs. Tabassum and Selke's excellent **presentation to the email delivering this newsletter.**

The program also included a 15 minute presentation by Varda Burstyn entitled "Putting the chemicals and the patients back into Multiple Chemical Sensitivity".

France Gelin as who on May 12th , was the NDP MPP candidate for the Nickel Belt Riding, and now is the re-elected NDP MPP for that riding, also attended by Zoom. She has been the NDP health critic for over a decade and once again confirmed her support to MEAO. She continues to advocate to the government for making the Action Plan Report of Dr. Brian Schwartz public and to get action on the recommendations. Thank you France!

RE: Safe Housing for ES/MCS Patients

With the sad recent passing of Dr. Lynn Marshall of the Environmental Health Clinic, who was a tireless worker for patients with environmentally-linked medical conditions and also an advocate for safe housing for patients with ES/MCS, we lost a big champion. However, we reiterated that Dr. Riina Bray, who is the medical director of the Environmental Health Clinic, is continuing the work of Dr. Marshall, and will continue to advocate with the government for safe housing and safe spaces and social care for patients with ES/MCS.

Instructions for joining MEAO as a registered member:

MEAO uses the online services of Canada Helps for all membership applications and renewals and general donations.

MEAO does all communications including forwarding of newsletters by email. Therefore, please ensure that you provide a valid email address on the Canada Helps forms.

To become a registered MEAO member, please go to this link:

<https://www.canadahelps.org/en/charities/the-myalgic-encephalomyelitis-association-of-ontario/>

- Click the red box "Donate Now"
- Click inside the Box **"Apply your donation to a specific fund set up by this charity"** and the drop down menu appears giving you three options
 1. Memberships (Membership fee is \$25.00)
 2. General Donations
 3. Membership and Combined Donation - to include \$25.00 for membership plus whatever additional amount you'd like to donate
 4. There is also a spot called Dedicate This Donation if you'd like to give in honour or in memory of someone special
- For Membership Renewal to MEAO, click on the box for \$25.00 and click "Memberships" on the drop down menu
- For Membership and Donation, click the amount that you'd like and then click **"Membership and Combined Donation"** on the drop down menu **which should include \$25.00 for membership** plus whatever amount you'd like to donate
- Canada Helps will issue you a tax receipt directly on behalf of MEAO

Correspondence to MEAO: info@meao.ca

Please remember that the excellent presentation “Healthcare System Barriers to Better Care - Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia (FM) and Environmental Sensitivities/Multiple Chemical Sensitivity (ES/MCS)” is attached to the email delivering this newsletter.

On Page 4 of this newsletter you’ll see the May 12th Proclamation of the City of Toronto signed by Mayor John Tory.

The MEAO Board of Directors sends best wishes to all. Please stay safe and stay well.

*Denise Magi
President,
The Myalgic Encephalomyelitis Association of Ontario (MEAO)
On behalf of the Board of Directors of MEAO*

JOHN TORY
MAYOR

Proclamation

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia (FM) and Environmental Sensitivities/Multiple Chemical Sensitivity (ES/MCS) Awareness Day

May 12, 2022

WHEREAS today we raise awareness of Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia (FM) and Environmental Sensitivities/Multiple Chemical Sensitivity (ES/MCS), a series of chronic illnesses that can affect the quality of life for those living with it.

In Ontario, over 700,000 people are diagnosed with these three illnesses that are sometimes difficult to detect and diagnose. They can be debilitating for the estimated 70 per cent of patients who become disabled as a result of them.

By learning about the challenges those living with ME, CFS, FM and ES/MCS face in their daily life, we can raise awareness and show our support for them.

The City of Toronto supports organizations and individuals committed to raising awareness about diseases, conditions and illnesses that affect all Canadians. Through education, fundraising and support, the health and well-being of our communities are improved.

NOW THEREFORE, I, Mayor John Tory, on behalf of Toronto City Council, do hereby proclaim **May 12, 2022** as "**Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia (FM) and Environmental Sensitivities/Multiple Chemical Sensitivity (ES/MCS) Awareness Day**" in the City of Toronto.



John Tory
Mayor of Toronto

