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## INTERNATIONAL AWARENESS DAY FOR FIBROMYALGIA AND CHRONIC FATIGUE SYNDROME 2016

On this International Awareness Day for Fibromyalgia and Chronic Fatigue Syndrome, the patients and the entities that represent us, would like to raise our voices to claim, once more, for our rights as patients and as citizens.

Because we **aim** at a better life quality for us and our families.

Because we want to **claim** for our dreams and rightful aspirations, sense of dignity and rights.

Because we **ask for** our diseases to be fully recognised, accepted and treated within the Social Healthcare System.

Because we **demand** to be treated with respect in any social domain, going from the anonymous citizens and all the health and social professionals, businessmen and union trades, scientists and researchers, to the public institutions, who ought to be the main guarantors of the Law and our rights.

Because we **defend** the **OBEDIENCE** and fulfilment of the law, from the Universal Declaration of Human Rights to the Spanish Constitution and various Autonomic Laws.

In order for all the patients to be treated as citizens of full right; **ALL OF US**, with no distinction.

So that the **associations of patients**, whom we entrust our dignity and hope, are no longer the only shelter and protection for so many marginalised and socially excluded citizens. In order that they can stop their constant fight to fill the needs and shortcomings of our Welfare State, which charges us with taxes when we are productive but abandons us when we are ill and claim for our rights.

At this point, we would like to **highlight the achievements** reached so far in some regions and report **the growth of inequalities** among Autonomous

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Communities, which violates the premise which states that no disease has nationality, or at least, it shouldn't.

In this sense, and regardless meaningful unequal progress, this Manifest summarises, also once more, our priority claims:

The **recognition** of this disease by professionals, institutions, social agents and society in general.

**Further research** to provide a better diagnostics, early detection and medication and treatment.

An **improvement** of the Healthcare System and the setting of unified protocols which guarantee the equality in the quality and accessibility to the public resources and services.

**Access to work**, either by adapting jobs, or through new forms of employment and inclusion in the labour market.

**Fair social benefits** when the severity of the disease does not allow us to work.

All this, with a call to social **solidarity** in the common struggle to create a **fairer** and more **equitable** society; in short, **more human**.

**12 May 2016**