



*Sample letter- be sure to personalize the letter and change the highlighted portions to fit who you are requesting the proclamation from.*

DATE

NAME OF GOVERNMENT OFFICIAL

ADDRESS

Dear \_\_\_\_\_,

I am writing on behalf of the Dysautonomia Support Network to ask you to join your colleagues from across the country in declaring October to be Dysautonomia Awareness Month in (STATE/COUNTY/TOWN).

Over 70 million people in the world currently live with one or more forms of dysautonomia (pronounced “dis-oughta’-no-me-uh”). While some forms of dysautonomia are rare, others are common but rarely known. Dysautonomia is a term used to describe disorders that result from a dysfunction of the autonomic nervous system that controls automatic and involuntary functions. Resulting symptoms can include abnormally high heart rate, heart rate variability, blood pressure, and temperature dysregulation, fatigue, brain fog, dizziness, syncope or near syncope, gastrointestinal dysfunction, and more. Symptoms can be variable and unpredictable, causing social isolation, economic hardship, and disability that is likened to those with COPD and congestive heart failure. Because dysautonomia is an “invisible” condition where individuals may look “normal” and “healthy” yet experience debilitating symptoms, it is often misunderstood and misdiagnosed, with the diagnostic delay ranging from 6 months to 6 years.<sup>1</sup>

**[If desired, insert your story here in a short paragraph. Less is more, so keep it simple. This is optional.]**

Although there is no cure for dysautonomia, increased public and physician awareness along with continued research offer hope for greater understanding, faster diagnosis,

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<sup>1</sup> Shaw, B., Stiles, L., Bourne, K., Green, E., Shibao, C., Okamoto, L., Garland, E.M., Gamboa, A., Diedrich, A., Raj, V., Sheldon, R.S., Biaggioni, I., Robertson, D. & Raj, S. (2019). The face of postural tachycardia syndrome - insights from a large cross-sectional online community-based survey. *Journal of Internal Medicine*, 286(4), 438-448. doi:10.1111/joim.12895.



improved quality of medical care, and improved quality of life for patients with dysautonomia and their families.

I have attached a sample proclamation along with a Top 10 Facts Sheet on dysautonomia. The proclamation was drafted by Dysautonomia Support Network, a 501(c)(3) nonprofit organization that is committed to empowering, educating, and advocating for those affected by dysautonomia and its related conditions. More information about the organization can be found online at [www.dysautonomiasupport.org](http://www.dysautonomiasupport.org).

Please let me know if your office is able to help us celebrate and raise awareness of dysautonomia by issuing the attached proclamation declaring October to be Dysautonomia Awareness Month in the (STATE/COUNTY/TOWN). If possible, we would like to have you present the proclamation publicly. If there is any other information you need or if you have any questions, please feel free to contact me at (YOUR PHONE NUMBER).

Respectfully,

YOUR NAME

YOUR ADDRESS

YOUR CONTACT INFORMATION