Testimony

Toby Vokal

Hi,

I have had ME/CFS for over 15 years now. Things were pretty normal for me growing up. I was active throughout High School. I was even an all area basketball player. I'm 6'4" and was able to dunk and play basketball for hours and do it again the next day. Then in 1995 when I was 18 years old it hit me. I had anxiety attacks, muscle pain, post-exertional malaise, sleep disturbances, barely any energy.

I went from doctor to doctor. I saw probably over 25 doctors. Most of them could find nothing wrong. Finally in 2003 when I was 26 years old I was diagnosed with ME/CFS. It was good to finally put a name to what I had. Albeit a demeaning name. Nevertheless I tried every medication, supplement, water therapy, acupuncture, chiropractic, and many more things. Nothing worked to get my life back.

Even though I tried working several times, I couldn't even crawl to answer the phone one day. I spent most of the time in bed or reading and researching to find an answer. I still do to this day. I am 33 years old now and I have felt this way for 15 years. Meanwhile all of my friends have moved on and gotten married, had kids, bought houses, etc. I still live at home with my mom. This is not from lack of trying as stated above.

I can't put it all in to words how destructive ME/CFS is to a person's life. The only way to get answers that I know of is research. The government spends an average of $4 dollars on ME/CFS research per person per year. This is outrageous. There are many talented researchers out there. They don't have the funding. Please fund $150,000,000 in ME/CFS research now. This has dragged on for decades. Let's fix it now. There are 4,000,000 Americans and 20,000,000 people worldwide depending on it.

I ask again please fund a minimum of $150,000,000 of ME/CFS research per year so people can have their lives back!

Thank you,

Toby Vokal