

Worthing Area Fibro Group

November 2010 Issue 12. Written and
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The pictures say it all. What a great October meeting we all had. The focus was on exercise. This is something you will be told to do by every specialist and doctor plus sufferers, dieticians the list is endless. I know I was told many times over the years. I went on prescription for health twice. I found you need to be in the right place in your head to start and continue with it. It took me a long while until I realized I have to start helping myself and do what I have been told. Well I know what you are thinking right now, 'How can I do that while I am in so much pain'. Yes that's what I thought and I don't blame you, however



I needed to do something. I went 3 or 4 times in a week. I am still doing it. If you have a flare up then rest until you feel stronger, you will know when that is

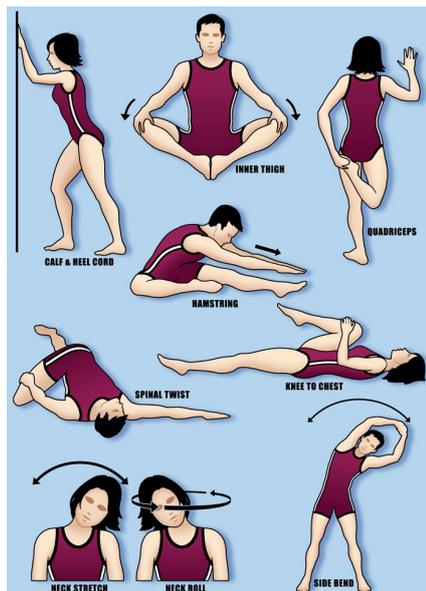
Your body has a way of telling you. You do not need to go to a gym it is easy to do things at home. Yoga, Pilates and exercises in the water are all very good for fibro sufferers. I started to feel the benefits. I felt happier, my mind was clearer. Of course when I had bad days I was in bed not the gym. But it gave me a purpose. So I decided to ask my gym instructor to come and give us a talk about exercise. How it helps our body. What type of exercise you can do while living with fibro. It was great.

We all felt the information was interesting and useful. He even had a few of us up doing some stretches. Have a go before you get out of bed have a stretch, sit on the edge of the bed stretch your legs out. While you are sitting in the chair in front of the TV, roll your ankles, dip your toes up and down, get a can and roll it under your foot. It can be difficult however life is difficult. Now the weather is getting cold stretching and exercise will help and warm plenty of warm bath or showers. Hope it goes well.

'How many times have you done all these things'? 'How long did you last'? Talk to your doctor beforehand if you are unsure about what you can do if you have other health conditions.

Fibro stretching and exercise.

What is exercise? Exercise is the physical exertion of the body - making the body do a physical activity which results in a healthy or healthier level of physical fitness and both physical and mental health. It does not mean you have to do hours of training. For us we are looking for non impact exercise's and stretching. Swimming, walking or cycling are always a good option, however we need to use all the muscles in our body because Fibro affects all our muscles. It is recommended you start with 3 seconds of your choice of exercise's or stretches for 10 minutes each day. You start with slow and gentle stretches as you progress you will find you can add one more and 2 minutes longer each week. The secret is to keep it up. Build it into your daily routine.



Why exercise? - Strength, endurance and flexibility. Makes muscles more efficient, you can tolerate physically and it promotes bio chemical that help with stress. You can improve you pain threshold. It is easier to move around with flexibility, there will be more oxygen flow to the muscles, it reduces swelling and it gets your metabolism working at a healthier rate. Your sleep pattern will improve. It brings down stress levels, helps to ease anxiety, depression, creates more endurance, energy and controls your weight. It will warm your body and get your circulation and lymphatic system moving which will help eliminate toxins at a faster rate. It is important to be mobilised by doing a warm up beforehand. Be aware of your posture, repetitive movements, sitting for long durations, driving hand positions, bending knee's-back and then straight. Flare ups are not necessarily due to exercise. Pain that you may feel from training should subside after 30mins.

Stretches and exercises we did at the October meeting-

Calves, quads, hamstrings, hip flexors, triceps, biceps, shoulders, upper back, chest, cat stretches, lateral side bends are some of the exercises we went through at our October meeting. To get a visual of the exercises before you start either look on the internet typing in these names or get a book or DVD.

Nutrition- To keep as healthy as you can you should eat five meals a day. For example breakfast should be a well balanced meal. It is considered the most important meal of the day, however to give your body the best chance to get healthy you should have the five. A snack of fruit and a drink at 11'ish. Lunch, a snack about 4ish and an evening meal. Try not to eat too late as your digestive system has to work through the night which means your body does not get the best sleep. Work on the basis of 40% Carbohydrates. 30% Protein and 30% Fat. Never exercise straight after eating.

Worthing and West Sussex Fibromyalgia Group



Christmas Lunch Special!



**Friday 17th December,
12midday arrive, eating 12.30pm at
David Lloyd Centre in Durrington.**

For all details please call Debbie on 07590993928.

Copies will be on our information table at the next meeting.

Download it from our website www.fmswaws.org

As a thank you to all our members in helping to create a supportive group, we will put a % towards every member that books & pays to come to our Christmas Lunch.

Menus will be on our information table at the next meeting.

Lifts can be arranged, just ask.

We need deposits by the end of November so please hurry.

2 courses £11.95....3 courses £14.95 with-out deduction from the group. Go on, treat yourself it will be a great lunch and you are with fellow sufferers, remember laughter is a great.



Belly Dancing

Our very own Therapist Ghennet is going to entertains us with her class friends at the next meeting 16th November As we are not having a December meeting we thought it would be nice to have something different for the entertainment. They have been dancing for years and do shows and festivals in the county. They have kindly agreed to do it voluntarily. We are in for a treat. Come along and enjoy yourselves.

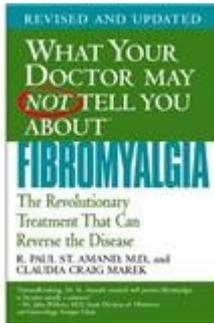
Don't worry we are not joining in unless you really want to.

Questions that were asked at the last meeting:

Does the sun & heat affect Fibro? There are some sufferers that can not cope with the cold and can make it worse. However, there are many sufferers that find it does improves their fibro, they feel happier and have less pain.

Worthing and West Sussex Fibromyalgia Group

What Your Doctor May Not Tell You About Fibromyalgia : The Revolutionary Treatment That Can Reverse The Disease



In this groundbreaking book, Dr. St. Amand, an experienced endocrinologist and UCLA assistant clinical professor, presents his amazing discovery, the result of forty years of research based on his own experience with fibromyalgia and that of hundreds of his patients. This book offers the first effective protocol for reversing this disease: a programme that uses guaifenesin, an inexpensive, safe medication available from your doctor. The authors have seen symptoms eliminated and normal living restored in an astonishing 90 percent of the fibromyalgia sufferers they properly treated with guaifenesin. Now you too can discover:

- Why fibromyalgia is often misdiagnosed;
- How you can cope with symptoms before guaifenesin takes full effect,
- The link between fibromyalgia and hypoglycemia > and a plan for controlling your hypoglycemia through diet;
- How, if you are one of the millions who have any of the syndromes listed above, myofascial pain syndrome, vulvae pain syndrome, or chronic interstitial cystitis, this treatment can help you too;
- Guidelines to determine the proper dose of guaifenesin for you and the medications and substances to avoid while you take guaifenesin - and much more.

Medical box: Pregabalin BRAND NAME: Lyrica

DRUG CLASS AND MECHANISM:

Pregabalin is an oral medication that is chemically related to [gabapentin](#) (Neurontin, Gabarone). It is used for treating pain caused by neurologic diseases such as [postherpetic neuralgia](#) as well as [seizures](#). It also is used for treating [fibromyalgia](#). The mechanism of action of pregabalin is unknown. Pregabalin binds to calcium channels on nerves and may modify the release of neurotransmitters (chemicals that nerves use to communicate with each other). Reducing communication between nerves may contribute to pregabalin's effect on pain and seizures. The FDA approved pregabalin in December 2004.

PREPARATIONS: Capsules: 25, 50, 75, 100, 150, 200, 225, and 300 mg.
Oral Solution: 20 mg/ml

Fibromyalgia is treated with 300-450 mg/day in 2 or 3 divided doses.

Benefit Information:

The government have made many changes and they will come into effect in November; therefore we will be printing the new information for you in January. If there is anything you need to know before then please have a look at www.disabilitynow.org.uk

Coffee Morning

29th November

Sufferers and families' welcome.

We will be meeting on a monthly basis for people that can't make the evening meetings. Please call Nichola for further details
Tel No: 08448872394.

Raising funds and awareness for your group:



We are looking for volunteers who will be happy to be involved with some fundraising for the group.

Group and Help Line No: 08448872394- Email: beauty_within_15@hotmail.co.uk

Meetings

Ferring Baptist Church Hall
Greystoke Road
Ferring BN12 5JL

Every third Tuesday of the Month.

Next meeting 16th November

Doors open 6.30pm start 7pm to 9.15pm

2011 Dates

18th January. Awareness meeting

15th February

15th March

19th April

17th May

21st June

19th July

16th August

20th September

18th October

15th November

Doors open 6.30pm start 7pm to 9.15pm

Advertise:

We are looking for anyone with a business or event who would like to advertise in our newsletter for a small charge.

Please get in touch with

Nichola

Tel: 08448872394

Internet: Download

Newsletters:

Our Website: www.fmswaws.org

Our Main Charity email:

www.fms-sas.co.uk

Facebook.

Worthing & West Sussex
Fibromyalgia Support Group.

Charity Forum

www.fms-sas.proboards.com

Contacts: Organiser, Co Leader and Author of your Newsletter: Nichola Bond :

Group and Help Line: 08448872394 Email: beauty_within_15@hotmail.co.uk

Co Leader and Games Master Simon Stuart : 07806 808862 Email: simon10pq@sky.com

Webmaster: Pete MacKean 01903739596 Email: petemackean@sky.com

Disclaimer:

Information in this newsletter does not necessarily infer endorsement by the Worthing & surrounding area West Sussex Fibromyalgia Support Group. Any advice or recommendation of a medical or legal nature must always be discussed with a qualified professional.

The best way off advertising is word of mouth

Please remember to give out the invitations
for the January awareness meeting.



Pop them in your bag or and car. The more people know about it the more people we reach. Take one into your dentist, doctor, vets, chemists any shops, offices, health clinics private and NHS. Beauty parlours, nail studios, garage, gyms, your local butchers, tell your vegetable man and Nursery's both kinds, mums and babies groups, swimming pools the list is endless.....

Think that anyone can be diagnosed so anyone can go to any place. You can help by telling and giving out the invitations. you are helping yourself as well as other sufferers.

We need the general public to get to know what Fibro is and how it affects us. They may know someone that needs help and support god forbid they might be diagnosed themselves.



Fibromyalgia Syndrome

Awareness Meeting

18th January 2011

Starting at 6.30 to 9.30pm

At

Ferring Baptist Church Hall

Greystoke Road

Ferring

BN12 5JL

Open to Sufferers, Family Members, Friends, Care
Workers, Work
Colleagues, health professionals & anyone with an
interest.

People need to be more aware of this syndrome as the num-
bers of sufferers are growing.

What is Fibromyalgia Syndrome

It can be a debilitating painful condition it affects the muscles, ten-
dons, ligaments and nerves. Sufferers have numerous other health
issues, it is not curable.

For more information please call

Nichola on

Tel: 08448872394.