

Worthing Area Fibro Group



November 2011 Author Nichola Bond & Editor Tony Ede



In this day and age there is a lot of information available about all subjects. The internet is a wonderful way to get this info, however what about the people that do not have a computer. The library is the next stop and you would be pleasantly surprised how easy it is for you to get the info you are after. Newspapers and local magazines are also a good read. When you are disabled life can be more of a challenge. Thankfully there are things the government has put in place to make our life better, of course it does depend on if you use these, maybe you can, once you know what is available.

National Bus Pass information: From 1 April 2011 there are some changes to the bus pass, which will apply across the whole of West Sussex: If you are of eligible age, or have a qualifying disability, you can apply for the National Bus Pass for free off peak bus travel on journeys made anywhere in England. *With the exception of the Stagecoach N700 night bus route. Older people can travel for free from 9.30am-11.00pm Monday to Friday and all day at weekends and public holidays. People with disabilities can travel for free at any time in West Sussex (please note that free travel may be off peak only outside West Sussex).

Need assistance when travelling? If your disability means that you cannot use public transport without the assistance of a companion or carer, you can also apply for a companion pass which entitles your companion to free bus travel when accompanying you.

How do I apply? Arun District Council. Arun Civic Centre, Maltravers Road, Littlehampton, West Sussex BN17 5LF **Phone:** 01903 737655

Bognor Regis Town Hall Clarence Road, Bognor Regis, West Sussex PO21 1LD **Phone:** 01903 737500

Chichester. The Communities Team, Chichester District Council, East Pallant House, 1 East Pallant, Chichester, West Sussex PO19 1TY **Phone:** 01243 785166

More information please visit www.westsussex.gov.uk/leisure



Christmas Meal



This year we are having a change, taking the economic climate in mind we will be going to the

Toby Carvery on Upper Brighton Road. This is a time for us to get together and enjoy the support given through out the year. Most Christmas's can be stressful so take time out and have some enjoyment...**Monday 5th December at 5pm.**

Family or carer's are welcome. Full details inside newsletter.

Geographic tongue: this is an inflammatory condition of the tongue affecting



approximately 2% of the population, characterized by discoloured regions of taste buds or sometimes even cracks in the tongue (which do not go all the way through). The condition is usually chronic, and frequently manifests after eating any of a range of exacerbating foods, or during times of stress, illness, or hormonal surges (particularly in women just before menstruating). It is also known as benign migratory glossitis, oral erythema migrans, glossitis areata exfoliativa, glossitis areata migrans, lingua geographica, stomatitis areata migrans, and transitory benign plaques of the tongue.

Symptoms: The top side of the tongue is covered in small protrusions called papillae. Whitish/yellow discoloration of the tongue is frequently due to a yeast infection. The small patches may disappear and reappear in a short period of time (hours or days), and change in shape or size. It may cause a burning or stinging sensation, especially after contact with certain foods. Foods that sometimes cause irritation, burning or slight swelling of the tongue include tomato, eggplant, walnuts, sharp cheeses, spicy foods, sour foods, mint, candy and citrus. Geographic tongue may also cause numbness. Chemicals, such as mouth washes and teeth whiteners, can also aggravate the condition. Lesions may occasionally occur on sites other than the tongue in the condition areata migrans.

Cause: Its cause is uncertain, but it tends to run in families and is associated with several different genes, though studies show family association may also be caused by similar diets. Geographic tongue is more commonly found in people who are affected by environmental sensitivity, such as allergies, eczema and asthma.



Some think that it may be linked to stress or diets high in sugar or processed foods. Its prevalence also varies by nationality and gender. Causes vary, but may include vitamin B deficiencies, allergies, and hormonal changes. Geographic tongue is said to occur more often in women, especially during high hormonal times, such as during ovulation or pregnancy and while taking birth control. Studies show there is a link between geographic tongue and psoriasis.

Treatment:

While there is no known cure or commonly prescribed treatment for geographic tongue, there are several ways to suppress the condition, including avoiding foods that exacerbate the problem. Some individuals report relief through chewing mint leaves. Some people with sensitivity to certain fruits, strawberries, tomatoes, pineapple etc., have been prescribed zinc supplements by health professionals, which has resulted in a dramatic reduction. There are reports that taking vitamin B supplements causes the condition to go away temporarily. Steroid ointment may be applied topically (on area) for symptomatic patients. Be aware that some people find it can have an adverse affect on your fibro. Burning may also be reduced by taking antihistamines. Make sure you are not sensitive to antihistamines.

Worthing & West Sussex Fibromyalgia Group

Living

The Daily Living Centre: There are many associations out there that can help us in different ways, its just finding them. The daily living centre is there to help you live a more independent life. Address for Worthing is: **Southfield House** 11 Liverpool Gardens, Worthing, BN11 1RY Website: <http://www.ilawestsussex.org>

Expert advice and a friendly, impartial service. At the Brighton & Hove Daily Living Centre (DLC), we provide detailed, impartial information and advice about a wide range of daily living equipment that enables people to lead more independent lives. The centre has an extensive range of over 800 items includes some of the latest products for adults and children and can be tried out by appointment with the occupational therapist. There is also a general drop-in day every Wednesday between 10am and 4pm. These sessions have proved very popular but can sometimes be busy, so you may have to wait a short while before being seen. The DLC is not a shop and does not sell or hire out equipment, so there's never any pressure for you to buy. Our only objective is to help you identify the most appropriate product for your needs, so that you can make the right decision when you're ready. The staff at the DLC can also advise you on the best way to obtain equipment, be it through health, social services, purchasing from reputable suppliers or directly from manufacturers by mail or the internet.

Contact details and other links: Montague House, Montague Place, Brighton, BN2 1JE Tel: (01273) 296132/3 Text or phone: (01273) 725421 Fax: (01273) 296144. The DLC also has a [Facebook](#) page, which includes regular blogs relating to daily living equipment and inclusive design. Visit the Disabled Living Foundation's website www.livingmadeeasy.com for an impartial, comprehensive database of daily living equipment that is available to purchase.



Physical Disability Service: Help for people with physical disabilities aged 18-64 years. The physical disability service provides services for people aged 18-65 who may need care support due to a physical impairment. The physical disability service may also be able to assist with a move into residential or nursing home care. Individuals will undergo both a financial and care need assessment through the social work team. The access point team also provides services for older people 65 years and over. Contact the team: Telephone: (01273) 295555 Minicom: (01273) 296388 Fax: (01273) 296372 Write to: Access Point 3rd Floor Barts House Bartholomew's Square, BN1 1JE Email: accesspoint@brighton-hove.gov.uk

The Cinema Exhibitors' Association Card: is a national card for disabled people. It entitles the holder to one free ticket for a person accompanying them to the cinema. To be eligible, the holder must receive Disability Living Allowance, Attendance Allowance or be registered blind. The card costs £5.50 and is valid for one year. You can get an application form at any participating cinema, or download one from the CEA website.

Fibromyalgia/CFS/ME:



have strong links to Childhood abuse: It is clear that sexual abuse and physical abuse is a delicate subject and is usually avoided. I have battled with writing about this for a while and have come to the conclusion after talking to several people and looking back at my own life and how I got support, that it should be something we should address. It can be confusing to think how it has anything to do with fibromyalgia Syndrome, plus there are thousands of people that have not been able to get support for this. I hope the following can help you to understand and if needed approach your doctor if you need extra support. I am always happy to listen and advise. There is a lot of support through

research that shows links with this delicate subject and our health challenges. Childhood physical abuse is associated with significantly elevated rates of functional somatic syndromes such as chronic fatigue syndrome, fibromyalgia, and multiple chemical sensitivities among women, according to new findings by University of Toronto researchers. "Women who reported they had been physically abused as children have twice the odds of chronic fatigue syndrome and multiple chemical sensitivities, and 65 per cent higher odds of fibromyalgia" says lead investigator Professor Esme Fuller-Thomson, who holds the Sandra Rotman Chair at U of T's Factor-Inwentash Faculty of Social Work and Department of Family and Community Medicine. "These findings persisted even after controlling for potentially confounding factors such as other adverse childhood experiences, age, race, mental health. Co-author Joanne Sulman, from the Department of Social Work at Mount Sinai, says the research not only points to an association between childhood physical abuse and these disorders, but also explores the contribution of confounding psychosocial factors such as other childhood adversities, adult health behaviours and mental health. "But perhaps the most interesting aspects of the research," says Sulman, "are the questions it raises, such as the mechanisms that link physical abuse to chronic fatigue syndrome, fibromyalgia and multiple chemical sensitivities."

There are many other conditions related to this subject; one is Interstitial Cystitis. I have been told by a specialist there is a connection with this condition and FMS/CFS and ME. As a child we have no experience of life and how to deal with our emotions, we keep those emotions inside and tucked back in our brain. We live with this as we grow up. This is where it starts to have an effect on us mentally. It will eat you up inside. Once you have spoken to someone and got help you start to free yourself. Anything you can do to improve your mental state has a positive effect on your mental and physical health. People that can forgive do have a release and have a happier life. There is much information on the internet. You can get support from the NHS and there are support groups out there. Visit www.medicalnewstoday.com

Forgiveness cleanses the soul, frees you of trauma and creates a happier life.

Medication that is typical for a Fibro sufferer are:



Painkillers to help with pain. Anti depressants to help with depression and sleep. Muscle relaxants and sleep medicines to help you sleep and slow down the pain messages to the brain.

Simple analgesics such as paracetamol and other weak Opioid can also be considered in the treatment of fibromyalgia. (Corticosteroids and strong Opioid are not recommended.) These drugs are designed to take the edge off less severe pain or to combat flare ups.

Dopamine Agonists:

These drugs were originally developed as treatments for Parkinson's disease and Restless leg syndrome but can also be helpful for patients with fibromyalgia.

Antidepressants: Tricyclic antidepressants - such as Amitriptyline Nortriptyline and Doxepin. These are usually the first choice of antidepressant and raise levels of serotonin and noradrenalin (norepinephrine) in order to ease pain and help you sleep. Serotonin-norepinephrine reuptake inhibitors (SNRIs) - such as Venlafaxine (Efexor) and Duloxetine (Cymbalta) which raise levels of serotonin and noradrenalin (norepinephrine). Venlafaxine also raises levels of dopamine, as well as serotonin and noradrenalin. Selective serotonin reuptake inhibitors (SSRIs) - such as Citalopram (Cipramil), Fluoxetine (Prozac), and Paroxetine (Seroxat) which can be used to raise serotonin levels.

Homeopathy Fibromyalgia Treatment: Homeopathy, as a Fibromyalgia Treatment remedy, is used to balance the stress factors that underlie fibromyalgia. Sufferers of Fibromyalgia use Homeopathy Alternative Treatment, as a potent form of medication to balance and instruct the body's vitality to those areas of imbalance, thereby increasing the ability to alter and alleviate the symptoms of fibro.

The symptom profile is matched to a homeopathy remedy that helps those symptoms. According to research, it is often a very effective, quick way to lessen the pain. Our natural vitamins, minerals and homeopathic supplement for fibromyalgia have proven to be extremely effective in the treatment of fibro symptoms.

From my own experience I have been taking along side my meds and homeopathy has definitely had a positive effect on my fibro and mental state. It is a great way to help you and it takes time, a one off try is not enough, so be patient. **British or Irish Beef**



Important News

Meetings

Ferring Baptist Church Hall
Greystoke Road
Ferring BN12 5JL
Every third Tuesday of the Month.
Doors open 6.30pm start 7pm to
9.15pm
2011 Dates
15th November

No December meeting
Christmas celebrations

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

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 Newsletter:

If you are on the internet you can
download previous copies of the
monthly
newsletter via www.fmswaws.org
Membership leaflets are available at
each meeting.

Please ask for information packs.

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Our Main Charity email:
Fibromyalgia
Sussex and Surrey Support
www.fms-sas.co.uk

Spiritual Readings

Available at reduced price for fibro
members.

Please speak to Nichola

Healing is a gift that we all have.

It can help in many ways not just with Fibromyalgia. If you would like to know more
please speak with Nichola at the group meetings or telephone her. Details are below.

Contacts:

Organiser of our Group, Co Leader & Author of your Newsletter:

Nichola Bond Tel No: 07796653477 Email: beauty_within_15@hotmail.co.uk

Help and information Line. 08448872394

Co Leader & Game Master: Simon Stuart: 07806 808862 Email: simon10pq@sky.com

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

Fundraiser: Christine Brunton Tel No. 07905189163 Email: fibroworthing.chris@hotmail.co.uk

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.



*Fibromyalgia
Support Group
Christmas Meal 2011*

This is a time for us to get together and enjoy the support given through out the year. You can bring family or carer.

Monday 5th December 2011

At 5pm

PLEASE ARRIVE 15 MINUTES BEFORE

Toby Carvery

Upper Brighton Road, Worthing, BN14 9JN

Deposit of £5.00 needed to confirm booking. Please pay on the 15th November at next meeting or send to Debbie by 22nd November ———— for details phone
Tel: 07590993928

Menu

Carvery British or Irish Beef, Honey & Mustard Glazed Gammon, British Turkey with all the trimmings. Bunting supplied by group. £5.75

Desserts are up to £3.95 with a £1.00 OFF before 7pm

Plus your drinks, you can see the whole celebration will

cost you less than you think.

Secret Santa No more than £5.00 Ask Debbie for a name when booking and paying the deposit.