

Worthing Area Fibro Group



December 2011 Author Nichola Bond & Editor Tony Ede

Hello to you all. What a great meeting we had in November, we had some new people come and join us and a warm welcome to all new members. That's what we are here for to give support to everyone who wants it. The evening started with an open chat and what a laugh we all had the atmosphere was up beat and comfortable. We all spoke about what we have challenges with and shared lots of useful information to help in the daily routine.



Christmas Meal:

Thank you to all who came to our Christmas meal with out you it would not have been such an enjoyable event. The food was good and tasty, it's amazing how you can still enjoy yourself and not spend a lot. Everyone got a Secret Santa and what wonderful gifts people got. It was great to see some members that can't make the group meeting regularly. All the hard work was worth it.



January Meeting 2012: We will be celebrating two years of the group and starting our third year with cake and awards. I do hope you all can manage to come along, it's due to you as well that the group has survived. We will be having a talk and demo on vibe plates. **So come and enjoy, it is all for you.**

We have new exciting speakers booked in for the following months details on page 4.

Next year we have plans for some exciting changes.

We have always said we will give the support that you all want and need.

We will be bringing in a yearly membership later in the year, as we have grown and we need finance to continue to give you what you need. Support is so important and we are here for you.

As a member you will receive **one to one confidential advice** with Nichola in a private area. I will help with **referrals** to your doctor and specialists of your choice or from our list, for those of you who are just starting out on this journey or those who have been suffering with FIBRO or ME/CFS for a while.

Newsletter by email and by post for those who do not have the internet or computer. **Plus an extra paper on up to date research every two months.**

House visits can be arranged through Nichola so support can be available to you when you need it. Plus the **Help Line Tel number 08448872394.**

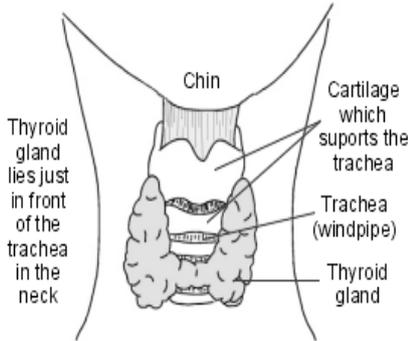
Donations are gratefully received at the door at each meeting.

Hypothyroidism - Underactive Thyroid

Hypothyroidism means a reduced level of thyroid hormone (thyroxine). This can cause various symptoms, the most common being: tiredness, weight gain, constipation, aches, dry skin, lifeless hair and feeling cold. Treatment is usually easy by taking a tablet each day to replace the missing thyroxine. Treatment usually works well and symptoms usually go.

What is hypothyroidism? Thyroxine is a hormone (body chemical) made by the thyroid gland in the neck. It is carried round the body in the bloodstream. It helps to keep the body's functions (the metabolism) working at the correct pace. Many cells and tissues in the body need thyroxine to keep them **g o i n g c o r r e c t l y**. Hypothyroidism means that the thyroid gland does not make enough thyroxine. It is often called an underactive thyroid. This causes many of the body's functions to slow down. (In contrast, if you have hyperthyroidism, you make too much thyroxine. This causes many of the

The neck



body's functions to speed up.)

What are the symptoms of hypothyroidism? Many symptoms can be caused by a low level of thyroxine. Basically, many body functions slow down. Not all symptoms develop in all cases. **Symptoms that commonly occur include:** tiredness, weight gain, constipation, aches, feeling cold, dry skin, lifeless hair, fluid retention, mental slowing, and depression. Less common symptoms include: a hoarse voice, irregular or heavy menstrual periods in women, infertility, loss of sex drive, carpal tunnel syndrome (which causes pains and numbness in the hand), and memory loss or confusion in the elderly. However, all these symptoms can be caused by other conditions, and sometimes the diagnosis is not obvious. Symptoms usually develop slowly, and gradually become worse over months or years as the level of thyroxine in the body gradually falls.

Who gets hypothyroidism? About 1 in 50 women, and about 1 in 1,000 men develop hypothyroidism at some time in their life. It most commonly develops in adult women, and becomes more common with increasing age. However, it can occur at any age and can affect anyone.

What causes Hypothyroidism?

Autoimmune thyroiditis - the common cause in the UK. The most common cause is due to disease called autoimmune thyroiditis. The immune system normally makes antibodies to attack bacteria, viruses, and other germs. If you have an autoimmune disease, the immune system makes antibodies against certain tissues of your body. With autoimmune thyroiditis, you make antibodies that attach to your own thyroid gland which affect the gland's function. The thyroid gland is then not able to make enough thyroxine, and hypothyroidism gradually develops. It is thought that something triggers the immune system to make antibodies against the thyroid. The trigger is not known. [More information on this subject in Jan 2012](#)

Worthing & West Sussex Fibromyalgia Group

NHS highlighted: Through the years there has been more and more information about Fibromyalgia. It has taken time but finally there is a website from the NHS that has a good deal of information about Fibro. I have highlighted the information so when you go into this link you can easily find what you need. These are just a few.

There are a lot of sites out there that give you wrong information, and finding a reputable site is important.

<http://www.evidence.nhs.uk/search?q=Fibromyalgia>

Fibromyalgia (Fibrositis) ..information leaflets. You may find the abbreviations record helpful. Fibromyalgia (Fibrositis) Synonyms: FM, fibromyalgia syndrome (FMS) Fibromyalgia is a chronic pain disorder. The pain can be widespread throughout the body...*Clinical Immediate Reference, 13 April 2011*

Massage therapy for fibromyalgia symptoms...Dissemination Massage therapy for fibromyalgia symptoms Kalichman L CRD summary...for symptom relief in patients with fibromyalgia. The review suffered from several...for symptom relief in patients with fibromyalgia. Searching PubMed, CINAHL...*Database of Abstracts of Reviews of Effects, 28 September 2011 - Publisher: Centre for Reviews and Dissemination - Publication type: Systematic reviews*

Psychological treatments for fibromyalgia: a meta-analysis ...Dissemination Psychological treatments for fibromyalgia: a meta-analysis Glombiewski...concluded that psychological treatments for fibromyalgia had relatively small but significant...of psychological interventions for fibromyalgia. Searching PubMed, Psyc INFO...*Database of Abstracts of Reviews of Effects, 07 September 2011 - Publisher: Centre for Reviews and Dissemination - Publication type: Systematic reviews*

Duloxetine for painful diabetic neuropathy and fibromyalgia pain: systematic review of randomised trials..for painful diabetic neuropathy and fibromyalgia pain: systematic review of randomised...of painful diabetic neuropathy and fibromyalgia pain and was well tolerated. It was...painful diabetic neuropathy (PDN) and fibromyalgia. Searching PUBMED, EMBASE and...*Database of Abstracts of Reviews of Effects, 11 August 2010 - Publisher: Centre for Reviews and Dissemination - Publication type: Systematic reviews*

Amitriptyline in the treatment of fibromyalgia: a systematic review of its efficacy. Amitriptyline in the treatment of fibromyalgia: a systematic review of its efficacy...efficacy of Amitriptyline 25mg/day for fibromyalgia, but no evidence to support the efficacy...of Amitriptyline in the treatment of fibromyalgia. Searching EMBASE, MEDLINE...*Database of Abstracts of Reviews of Effects, 24 February 2010 - Publisher: Centre for Reviews and Dissemination - Publication type: Systematic reviews. There is much more to read. By educating yourself you will feel more in control of your health and life.*

January 17th 2012: Anniversary celebrations. The group has been running for two years and now we are going into our third with exciting things planned for the year. We would very much like to see all our members come and celebrate with us as the group would not be running without you. We will have a talk and demo on vibrating plates. Everyone will get the opportunity to have a go, if you want. There is written proof that this piece of equipment can help people with fibro. I have one at home and it has helped me. We will be giving awards out and have a celebration cake. **All our volunteers work very hard to come along every month so our group can run. Simon and I thank them very much for their dedication. We are looking for someone to make us a cake for this event so please phone Nichola on 07796653477.**



February: Want to know more about the changes - in our Benefits, this is the talk we have been waiting for:

We have a very important speaker which I know all our members, family and friends would want to come along to find out more. We have a gentleman coming from **Liaise** which is a charity run association that helps people with debt and benefit advice. This evening will be very popular so come early to get a seat.



Future workshops: We will be having talks on Nutrition, Movement, Vibro Plate, EFT - Ghennet and I will teach - you techniques with reflexology, massage and breathing which will help with a number of things we all suffer with, like sleep, stress, pain, pacing and many more ailments. Having social interaction is also a top priority to all of us and we will continue to have this time in our group. All talks are for your benefit to learn more to help yourself not for a sale. We are also open to ideas that you want to see and have in the group so please tell me so it can be added in. There was an idea about doing some movement in the beginning to warm us and get us motivated, we did start this and it was enjoyed by all. **There are always questions and a sense of need to keep searching for what must be a cure. Sadly there is no cure for FIBRO however the positive is it can be managed by learning about the condition. Learn about your body so that you can recognise what is going on from day to day. Doing stretches and movement, eating a healthier diet, laughing and talking to someone are all things you need to put in to your daily routine. It is about having a routine during your day from the time you wake, look after your body as it's the only one you have and just as you would love and care for a baby, do the same for yourself. I know it is difficult and even too hard at times but don't fret, this is what the support group is here for, come along with your questions and queries and I will endeavour to answer them, anything I am not sure about and can't be answered by another member I will research and get back to you.**

Simon and Christine will run some of the meetings to free me up. We will have some speakers or knowledge to support you. All speakers have been told we do not want a hard sell, it's not about that. This is important because most of our members are unable to work. I have hand picked the speakers for the interest and how their knowledge can help us.

Underactive Thyroidism: One of the medications available on the NHS is

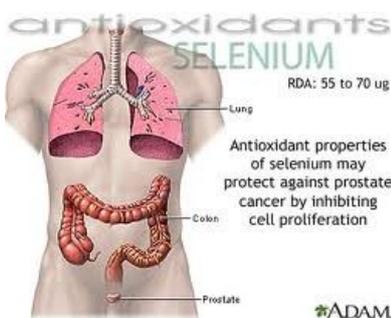


Levothyroxine also L-thyroxine, synthetic T₄, or 3,5,3',5'-tetraiodo-L-thyronine, it is a synthetic form of thyroxine (thyroid hormone), used as a hormone replacement for patients with thyroid problems. The natural hormone is chemically in the chiral *L*-form, as is the pharmaceutical agent. Dextrothyroxine (*D*-thyroxine). Underactive thyroid is usually not serious, and taking

hormone-replacement tablets, called Levothyroxine, will raise your thyroxine levels. You will usually need treatment for the rest of your life. However, with careful management, you should be able to lead a normal, healthy life. If it is not treated, an underactive thyroid can lead to complications, including swelling of the thyroid (a condition called goitre), heart disease, mental health problems and infertility.

Dosage: Dosages vary according to the age groups and the individual condition of the patient, body weight and compliance to the medication and diet. Monitoring of the patient's condition and adjustment of the dosage is periodical and necessary. Levothyroxine is taken on an empty stomach approximately half an hour to an hour before meals. There are also foods and other substances that can interfere with absorption of thyroxine replacement. People ought to avoid taking Calcium and Iron supplements within 4 hours, as well as Soy products within 3 hours of the medication, as these can reduce absorption of the drug. Grapefruit juice may delay the absorption of Levothyroxine. Other substances that reduce absorption are aluminium and magnesium containing antacids, simethicone or sucralfate, cholestyramine, colestipol, Kayexalate. Coffee may have an adverse effect on Levothyroxine. Different substances cause other adverse effects that may be severe. Ketamine may cause hypertension and tachycardia and Tricyclic and Tetracyclic antidepressants increase its toxicity.

Alternatives: There are several other minerals one of them is Selenium. This is a trace mineral that is essential to good health but required only in small amounts.



Selenium is incorporated into proteins to make selenoproteins, which are important antioxidant enzymes. The antioxidant properties of selenoproteins help prevent cellular damage from free radicals. Free radicals are natural by-products of oxygen metabolism that may contribute to the development of chronic diseases such as cancer and heart disease. Other selenoproteins help regulate thyroid function and play a role in the immune system. Some **foods with Selenium in are:**

Brazil nuts 1 ounce. Tuna, light, canned in oil, drained 3 ounces. Beef, cooked, 3½ ounces. Spaghetti w/ meat sauce, frozen entrée 1 serving. Cod, cooked, 3 ounces. Turkey, light meat, roasted, 3½ ounces. Beef chuck roast, lean only, roasted, 3 ounces. Chicken Breast, meat only, roasted, 3½ ounces. Noodles, enriched, boiled, 1/2 cup. Macaroni, elbow, enriched, boiled, 1/2 cup. Egg, whole, 1 medium. Cottage cheese, low fat 2%, 1/2 cup. Oatmeal, instant, fortified, cooked, 1 cup. Rice, white, enriched, long grain, cooked, 1/2 cup. Rice, brown, long-grained, cooked, 1/2 cup.

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
2012 Dates

17th January. 21st February
20th March. 17th April
15th May. 19th June
17th July. 21st August
18th September
16th October
20th November
No Meeting in December
Christmas Meal

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

Spiritual Readings

Available at reduced price for fibro members. Please speak to Nichola

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

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

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:

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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

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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.