

Worthing Area Fibro Group Newsletter.

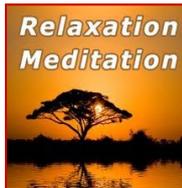
June 2012 Author Nichola Bond & Editor Tony Ede



Hello everyone, I hope you are feeling positive and happy. May meeting went extremely well and all had a great time. Christine Parkin offered free trials on the magnetic device which was lapped up. She has given us a discount and is happy to take off £10.00 for the hour and £5.00 of the half an hour, if they aren't covered by insurance. Her tel number is 07838257755. Have a look at her website <http://www.christineparkin.com>

Educating the public: I gave a talk on Friday the 1st June at Grafton road Spiritualist church which went very well. I finished off by asking everyone to take a moment to think about what they saw as I stood up, I got my stick out and asked them again the same question, ending with 'are they the same thoughts'. The answer was no. The reason for this exercise was for them to see that when they are out and about to think more about the people around them, just because they do not have a stick or a chair does not mean they are not suffering. FMS/CFS/ME and many other illnesses are invisible but does not mean they do not exist. It had the desired effect.

Relaxation and meditation: I know many of you have told me you would like to learn to meditate or just relax or indeed start meditating again. On the 19th June meeting that is what we will be doing. Light meditation is something that will calm your mind and so your body will follow. Afterwards you will find you can cope with the rest of your day and it will help you to pace and think clearer. Don't miss this wonderfully interesting talk and demo.



Fundraising: I want to take this opportunity to say a big thank you on all our behalfs to Sarah Jane who ran the Brighton Marathon a friend of Allan and Linda who are volunteers in our group, for two causes one was for our group. She came along to our group on the 15th May to hand us a cheque for £330.00 which was raised all through the good old fashion way on paper through sponsorship, so a big thank you to her and all donations.



Instant relief: [Pernaton](http://www.pernaton-uk.com) gives you natural pain relief. This product has been around for a while however now they have a wide range of products that should suit everyone. It helps Fibromyalgia syndrome, Osteoarthritis, Rheumatoid Arthritis, Bursitis, Carpal Tunnel syndrome, lumbago and much more. Pernaton is uk sponsors of Fibromyalgia Association UK. Website: www.pernaton-uk.com

Cyclo ssage For Sale: Series mark 2. £1200.00 It was when new £3000.00 contacts Jane Cosham who is based in Shoreham Tel number: 07939267911

What would you say about some mountain climbing?

Most of us would never be able to do this but a good friend of mine and our groups administrator's husband Ray will be.



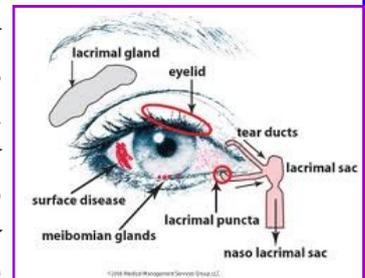
Ray will be climbing on the 31st July 2012 Ben Nevis—1344 metres.

On 1st August 2012 Scafell Pike—978 metres and 2nd August 2012 Snowdon- 1085metres.

To raise much needed awareness and funds for not only Worthing & surrounding area FMS support group but for FMS UK.

So donate at www.justgiving.com/Ray-Brunton and keep your support coming. Send to all your contacts, family and friends and let the general public know about this invisible painful and debilitating syndrome and what you go through every day of your lives.

Sicca Syndrome: Dry Eye: Studies have found decreased tear production in 90% of those with FMS. It can give aggravating dental and digestive problems. This occurs because saliva is critical for preventing dental infections. Dry eyes and dry mouth (called "Sicca Syndrome") is treatable. It is caused by autoimmune disorders that injure the glands that make tears and saliva, but also is aggravated by nutritional deficiencies and many medications. Some doctors who are not familiar with CFS/FMS immediately think of an autoimmune disease called Sjogren's syndrome and go chasing the wrong problem. Though Sjogren's syndrome can cause CFS/FMS, it is less common, and a Sjogren's diagnosis should be confirmed with an SS-A and SS-B blood test and a simple biopsy. Many medications used in CFS/FMS cause dry eyes and mouth and alternatives can be used that do not have this side effect. Bring this up with your doctor at your visit and ask your pharmacist if any of your medications are likely to cause dry eyes or mouth. The most common culprits include: **Antihistamines:** Including Benadryl, Zyrtec and Claritin. Benadryl and other antihistamines are often found in over the counter sleep aids. **Antidepressants** Elavil is a major trigger of dry eyes and mouth, but most antidepressants can cause this problem. Cymbalta and Savella, though used for fibromyalgia pain, are also antidepressants. **Birth Control Pills** May cause dry eyes as a side effect. However, pregnancy is also known to cause dry eyes. **Diuretics** These drugs are mostly used to treat high blood pressure. **ACE Inhibitors**



Angiotensin-converting enzyme inhibitors are mostly used to treat high blood pressure. **Acne Drugs** Including Accutane and high dose vitamin A. Plus **Opiates**. As FMS suffers have deficiencies it is of Vitamin B and Magnesium they also are important to add to your diet or supplements for dry eye. Symptomatic Relief for Dry Eyes are the medication Restasis eye drops and eye cream prescribed by your doctor. Place warm flannels on eyes every day. Symptomatic Relief for Dry Mouth. Drink sips of water throughout the day as needed. Avoid sugar and sodas. Dental problems can be severe with dry mouth, and eating a lot of sugar can make these much worse. Lemon juice stimulates saliva flow. Ask your dentist about saliva substitutes.

Worthing & West Sussex Fibromyalgia Group

Nutrition cont'd Fat: It's not always about weight it's also about health. Some fat is essential in everyone's diet. Fats provide a source of concentrated energy as well as the fat-soluble vitamins A, D, E and K. Fat transports these vital nutrients around the body. We also need fat for hormone metabolism, healthy skin and hair, tissue repair, protecting the internal organs and to prevent excessive loss of body heat. This does not mean fats that put on weight from eating fatty



foods. There are two main types of fat: saturated and unsaturated. Saturated fat: Excessive amounts of fat are found in saturated animal fats and trans-fatty acids. These types of fat raise cholesterol levels and increase your risk of many chronic diseases, such as heart disease, strokes and certain cancers. Saturated fats are solid at room temperature and are found mainly in dairy products & animals: meat, butter, cream, cheese, eggs, lard, full fat milk, suet and dripping, full fat yoghurt, hard margarines that are formed by the 'hydrogenation' of vegetable oils. Hydrogenation increases the shelf-life of food, but it also creates trans fats (trans-fatty acids) that are harmful for health. Hydrogenated margarine or butter is often used for making cakes, biscuits and pastry.

Unsaturated fat: Unsaturated fats are generally liquid at room temperature. They come from vegetable sources and are also found in oily fish and in soft margarines labelled 'high in polyunsaturates'. Unsaturated fats contain essential fatty acids that cannot be manufactured by the body. This means you need to get them from food. Good sources of unsaturated fats include: avocados (one quarter of an avocado contains 5g of unsaturated fat), unsalted nuts, (cashew, brazil, pecan, walnut), seeds (pumpkin, sunflower, sesame). Omega-3 and omega-6 essential fatty acids play an important role in the functions of the body that promote health and wellbeing. In particular, studies have shown that omega-3 fatty acids protect against heart disease. Oily fish is the best source of omega-3: In salmon, tuna, trout, sardines, mackerel, pilchards, herring. Current advice is to eat oily fish two to three times a week. While oily fish is the best source of essential fatty acids, other omega-rich foods are: corn oil, flaxseed oil, nut oil, safflower oil, sunflower oil.

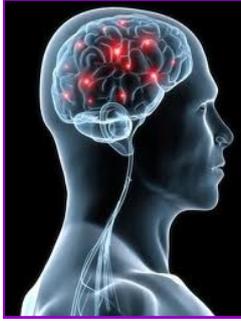
Tips for healthy living: Cook with vegetable oil instead of lard, butter or margarine, and use sparingly. Sesame seed oil is a good choice for stir-frying. Pour warmed virgin olive oil on bread instead of butter or margarine. Dress your salads with virgin or nut oils instead of mayonnaise. Avoid crisps or chocolate, try - pumpkin seeds, sunflower seeds, unsalted nuts or raw vegetables.



Check food labels: for fat content before you put something in your trolley. It can be surprising how much (and how little) fat some foods contain. Knowing what food contains means you can find a healthier, tasty alternative. Poach or lightly grill your oily fish to maintain the essential fatty acid content. Purchase and store your vegetable oils in dark frosted glass bottles. Light and heat can easily destroy the oils' nutrients.

Choose lean meat or poultry and remove the excess fat before cooking. This means the skin on chicken breasts, the rind on bacon and the crackling on pork. Avoid margarine that contains hydrogenated oil. This will be stated on the packaging, so check your favourite brand. Clover and Olivio are suitable. Choose your dairy products carefully. You won't compromise your calcium intake by opting for lower-fat yoghurts and skimmed or semi-skimmed milk. Keep frying and roasting to a minimum. Better choices are to bake, grill, steam or stir-fry.

Brain: Chemical imbalance in the brain. Several dozen different



neurotransmitter varieties have been identified in the brain, and more continue to be recognized. Our knowledge of the specific functions of neurotransmitters is still in its infancy, but it seems that each one probably plays some role in most behaviours. A neurotransmitter imbalance is usually involved in brain disorders, including Parkinson's disease, attention-deficits, and obsessive-compulsive behaviour and FMS. Obsessive-Compulsive Eating Disorders (OCD). Bulimia. Brain Attacks-such as a Stroke.

Homocysteine : Is an amino acid created in the body from the

metabolism of methionine, an essential amino acid obtained from animal protein. Because high levels of homocysteine are toxic, it is normally broken down in the bloodstream and converted back into methionine – with the help of folic acid and B vitamins. Some people have a genetic tendency to build up toxic levels of homocysteine that damages the walls of their blood vessels. Cholesterol then gets deposited in the arteries impaired by homocysteine, which can lead to blockage and stroke or cardiovascular disease. Functional MRI (magnetic resonance imaging) studies reveal the brain's innate plasticity – its ability to reprogram itself after stroke. This highly complex organ adapts to injury by redistributing its cognitive workload across established neural networks, and recruiting different brain areas to fill in for lost functions. Watching the brain at work with a very-high-field MRI scanner, Dr. Keith Thulborn, director of MR research at the University of Illinois, observed a patient suffering from damage to Wernicke's area (the region in the left cortex that controls the understanding of language). Functional MRI showed that the brain initially recouped by allocating speech comprehension to an area on the opposite side of the brain. Then, over time, an adjacent area took on this cognitive task while Wernicke's area remained damaged.

NERVOUS SYSTEM & BRAIN: What your organs and body need to function properly. Vitamins C, E, B Complex. Choline.

Inositol. Zinc. Calcium & Magnesium. Potassium. Amino Acids. Trace Minerals. **Autonomic nervous system dysfunction and FMS.**

The causes of this strange disorder are not very well defined but there is convincing proof that the muscle injury or the dysfunction of the nervous system. The nervous system includes the brain and the spinal cord. Any injury to the nervous system may result in the dysfunction of it. The injury can be caused by an accident, undue



stress, and infection. The injury to the nervous system affects the secretion of the neurotransmitters and hormones, as well as blood flow, causing serious pain and other symptoms. In a research finding it was concluded that persons having neck or back trauma are more at the risk of fibromyalgia. The injury to the central nervous system also affects the brainwave pattern in the patients. The brainwaves show the electrical activities of the individual's brain. The brain has four kinds of brainwaves and each is responsible for a certain kind of function and the injury to the nervous system can seriously impair the brainwaves causing the sleep disturbances and the patient may experience cognitive dysfunction like concentrating and remembering things which are the symptoms of the fibromyalgia disorder. The injury to the nervous system can affect such neurotransmitter like the serotonin and dopamine which are very important in regulation of certain functions in the body. Thus the nervous system is very closely related to the development of FMS.

Medical Box: Venlafaxine: It is a serotonin and noradrenalin reuptake inhibitor (SNRI) antidepressant. It is Used for Depression in adults and Anxiety disorder. Also called Alventa XL®, Depefex® XL, Efexor® XL, Foraven XL®, Mentaven® XL, Politid XL®, Rodomel® XL, Tifaxin XL®, Tanpular® XL, Venaxx XL®, Venablue® XL, Venlalic® XL, Venlaneo® XL, Vensir XL®, Vexarin® XL, ViePax® XL, Winfex® XL. Available as Tablets Modified-release tablets and modified-release capsules.



Modified-release tablets and capsules release venlafaxine slowly over 24 hours to give a longer action.

Anyone can develop depression. It can develop for no apparent reason or it may be triggered by a life event such as a relationship problem, bereavement, or illness. Although it is not fully understood what causes depression, an imbalance of naturally occurring chemicals in our brain is thought to be a factor. Venlafaxine works by regulating the levels of chemicals in the brain, called serotonin and noradrenalin; this eases the symptoms of depression. Although venlafaxine is often used to treat depression, it can also reduce the symptoms of anxiety disorders. This is because an imbalance of the same chemicals in the brain is thought to be involved in these conditions also.

How to take venlafaxine. Before starting this treatment, read the manufacturer's printed information leaflet from inside the pack. Take venlafaxine exactly as your doctor has told you. Take your doses with a snack or just after eating a meal. If you have been supplied with modified-release venlafaxine (these have 'XL' after the brand name) you should swallow these tablets or capsules whole. They should not be chewed or crushed. Try to take venlafaxine at the same time (s) each day to avoid missing any doses.

If you do forget to take a dose, take it as soon as you remember unless it is nearly time for your next dose, in which case leave out the missed dose. Do not take two doses together to make up for a forgotten dose.

Alternatives for Depression:

It is not recommended to use Venlafaxine with 5-HTP and L-tryptophan, ST John's Wort (*Hypericum perforatum*) as side effects can occur. It is advisable to discuss with your doctor first about coming off a drug and going on to a natural alternative. Never drink alcohol when taking any medication, it can create other symptoms.



5-Hydroxytryptophan (5-HTP), also known as **Oxitriptan** (INN), is a naturally occurring amino acid and chemical precursor as well as a metabolic intermediate in the biosynthesis of the neurotransmitters serotonin and melatonin from tryptophan.. A **natural product** is a chemical compound or substance produced by a living organism - found in nature that usually has a pharmacological or biological activity for use in pharmaceutical drug discovery and drug design. A *natural* product can be considered as such even if it can be prepared by total synthesis..

Natural products are described as: small molecules provide the source or inspiration for the majority of FDA-approved agents and continue to be one of the major sources of inspiration for drug discovery. In particular, these compounds are important in the treatment of life-threatening conditions. This information is for interest only.

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

21st February

20th March. April Cancelled

15th May. **19th June**

17th July. 21st August

18th September 16th October

20th November

No Meeting in December

Christmas Meal



Raising awareness
& funds 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
Need it posted ask at meetings.

Brighton/Hove FMS Support Group

Every second Wednesday of the month.

2pm –4pm

Venue: St Luke's Prestonville Church,
64 Old Shoreham Road Brighton BN1 5DD.
Helpline:08448872376

Busses from Brighton Station 14c, 27c, 27b.

Get off at Bhasvic college 5 to 10 minutes
walk to

Main old Shoreham road.

Need to advertise:

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

Please phone

Tel: 08448872394

Spiritual Readings

Available at reduced price for fibro members.

Please speak to Nichola

Worthing Mobile hairdresser & bridal hair and make-up specialist. I can recommend Laney as she does my hair, she has a specific hair washing tool that is wonderful, no bending over the sink or bath or arching backwards. **She is offering a discount to Fibro members.** Here is her website contact details www.kasal.co.uk/mobilehairdressing

Contacts: Help and information Line. 08448872394

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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.