

Worthing Area Fibro Group Newsletter

August Edition 2012



Support your group it's here for you
Next meeting 21th August Expert patient programme



Ever wondered what they do how it can help you, here is your chance.

We have two professionals coming to give us a talk on the 21st August. This is a great opportunity to hear and ask questions about what they can do for you to be able to manage your FMS, ME, or any other painful condition you are living with. I have been on three pain management programmes over 12 years and have learnt something from all. There is also a NHS residential pain clinic programme.

Message from Ray's wife Christine our Administrator for our group

Fundraising event Ray Brunton is Climbing Ben Nevis, Scafell Pike, Snowdon 31st July 2012, 1st and 2nd of August 2012 for your group.



Well Ray has left sunny Sussex and driven all the way to Scotland today to prepare for his first mountain Ben Nevis tomorrow. Please support the Worthing & West Sussex Fibromyalgia Support Group by donating on the link below. Don't forget to ask your family and friends to donate as being a visitor to the group. You will also benefit from this money somehow and for now we can keep the group running hopefully for the foreseeable years especially with events like this and regular donations from all those affected by Fibromyalgia the hidden illness that we are all living with. With lots of fibro hugs Chris, administrator to the group.

<http://www.justgiving.com/Ray-Brunton>

DON'T FORGET TO PASS THIS INFORMATION ON TO ALL THOSE YOU KNOW XXXXX

Treatment

Book yourself in for a shoulder massage or reflexology or Indian head massage when you arrive at the meeting with our very own Holistic therapist Ghennet who offers mini treatments that will leave you feeling less pain and floating, a guaranteed good night's sleep.

The Expert Patients Programme (EPP) is a self-management programme for people who are living with a chronic (long-term) condition. The aim is to support people who have a chronic condition by: Increasing their confidence. Improving their quality of life and helping to manage their condition more effectively.

What is a chronic condition? Chronic health conditions are conditions that can be controlled but not cured. Living with a chronic condition can have a significant impact on a person's quality of life, as well as on their family and carers. Common chronic conditions include the following.

Fibromyalgia Syndrome - Painful condition that affects your muscles and other areas of the body.

Arthritis - a painful condition that affects the joints and bones

Asthma - a condition that causes inflammation (swelling) in the airways of the lungs.

Diabetes - a condition that is caused by too much glucose in the blood.

Epilepsy - a condition that causes repeated fits (seizures).

Heart disease - when the heart's blood supply is blocked or interrupted.

Multiple Sclerosis - a condition of the central nervous system the brain and spinal cord.

In England, there are 15.4 million people living with a chronic condition. This figure is expected to increase as the population ages, and if people continue to make unhealthy lifestyle choices.

The EPP Expert patient programme:

The EPP is an NHS initiative that was launched in 2002 to help patients with chronic conditions to take control of their lives. The basis of the programme is a training course that teaches people how to manage their conditions by using five core skills. These are:

- Problem solving
- Decision making
- making the best use of resources
- developing effective partnerships with healthcare providers
- taking appropriate action

The EPP has been so successful that a national [Expert Patients Programme Community Interest Company](#) (EPP CIC) was launched in April 2007. Community Interest Companies are a form of social enterprise (businesses that are set up to meet a public need and reinvest their profits for the public good).

The EPP CIC provides free courses for people with a chronic condition to help them manage their condition better on a daily basis.

Worthing & West Sussex Fibromyalgia Group

**LOW
VITAMIN B12
SHRINKS
BRAIN**



The Brain How B Vitamins May Prevent Stroke-Study

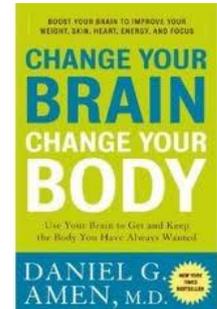
The head of stroke research at the Wake Forest University School of Medicine, James F. Toole, says the real culprit behind stroke is homocysteine, not cholesterol.

Stroke is the third leading cause of death in the U.S. and is a major cause of disability. What's more, stroke prevention may be as simple as taking three B vitamins involved with homocysteine's metabolism.

He is coordinating a large international clinical trial with 57 institutions in North America and Scotland. Since 1997, the Vitamin Intervention for Stroke Prevention (VISP) trial has involved 3,200 participants with high blood levels of homocysteine, who all recently experienced a stroke. They are being given high or low doses of vitamin B12, B6, and folic acid. In another study of nearly 500 white and African-American women age 15 to 44, the increased risk for stroke because of homocysteine was similar to that of smoking a pack of cigarettes per day. "We found that younger women who had the highest levels of homocysteine had double the risk of stroke compared to women with lower levels," says Steven J. Kittner, M.D., M.P.H., professor of neurology, epidemiology, and preventive medicine at the University Of Maryland School Of Medicine.

Anger and Hostility Linked to Homocysteine-Study

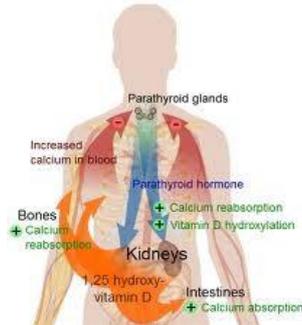
Researchers at Ohio State University measured blood homocysteine concentrations in 33 women and 31 men who completed questionnaires gauging hostility and anger expression. "These were healthy people with no known cardiovascular disease or major risk factors, so the levels of homocysteine were still in the normal range even for those with higher levels of hostility," said Catherine Stoney, associate professor of psychology. In both the men and women, higher levels of hostility were associated with higher levels of homocysteine. "The fact that we found this relationship even among healthy people is significant," she said. "Many studies have shown hostility and anger expression to be potent risk factors for coronary heart disease, but this study is the first to suggest this potential explanation for why they are linked. "In a previous study, Stoney found that psychological stress can temporarily increase homocysteine levels".



Homocysteine and Memory-Study

In a Tufts University study with people over 60 years old, those with higher homocysteine levels fared about 30% as well on a memory test as those with lower homocysteine levels. Furthermore, Dr. Martha Savaria Morris and her colleagues note that the participants with higher blood levels of folic acid showed a better ability to recall a story.

Calcium regulation



Calcium and phosphate in the body

These substances are needed to keep bones and teeth healthy. Without adequate vitamin D, bones can become thin, brittle and misshapen. In extreme cases this can lead to rickets in children, a condition involving a softening of the bones that can lead to fractures and deformity. In adults softening of the bones is usually called osteomalacia, and may cause pain and muscle weakness. Vitamin D may have other important roles in

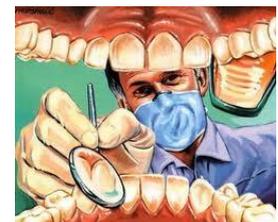
the body including regulating cell growth, neuromuscular and immune function, and reduction of inflammation. Even years after its discovery, there is still on-going research examining the various other functions vitamin D might perform in the body?

According to the Scientific Advisory Committee on Nutrition (SACN) - a group of experts that advises the government about all aspects of nutrition - some evidence suggests that vitamin D may be important in preventing other diseases including cancer, cardiovascular disease and multiple sclerosis, although it points out further research is needed before any definite conclusions can be drawn.

What Your Dentist Should Know About FMS/ME

Trigger Points and Dentistry Both fibromyalgia syndrome (FMS) and chronic myofascial pain (CMP) can have a big impact on dental care. It is essential for him to know that you patient may have various muscles constricted by myofascial trigger points (TrPs) in such a manner as to change the occlusion, forcing the mandible to close unnaturally. When the TrPs have been treated, occlusal contacts will change. This can be a disaster if he has have equilibrated the occlusion to the contraction of the muscles. Trigger points can be caused by malocclusion, and the reverse is also true. Equilibration and TrP treatment must take place together or they may be ineffective.

Some clinicians and researchers believe that degrading of articular discs and bony structures of the Temporomandibular joint can result. Patients with FMS and/or CMP may react in unusual ways to bite splints. Sometimes splinting makes things worse. Some patients have bitten through a splint in one night. Often processed, reinforced splints are required. In addition, a medication may also be required at bedtime for the severe bruxers. For those with the combination of bruxism, muscle twitches, and cramping, clonazepam may be helpful. Teeth clenching is a default mechanism of the brain. When it doesn't know what to do to respond to mixed or erratic signals, it may clench the jaw, a sort of twiddling of the cranial thumbs. Look for masseter TrPs and temporalis TrPs. Problems swallowing, chewing pain, jaw clicking, TMJ symptoms, soreness inside the throat, excessive saliva secretion and sinusitis-like pain, drooling during sleep, and choking on saliva can all result from an internal medial pterygoid TrP, which is often overlooked.





Medical Box The Dentist Visiting the dentist can be daunting for some of us who are healthy but what about when you suffer with FMS/ME/CFS. We usually need more medication to kill the pain. It is important to communicate with your dentists. You will usually need to

close your mouth more often as keeping it open for any length of time hurts the jaw. Maybe do some exercises and freeze packs. Your appointment should be a little longer. More injections may be necessary, vibrations from the drill can create pain and stiffness plus it can make your nerves more frenzied. You can feel cold waves of nerve sensations. Breathing deeply and meditation will help to cope with the appointment and pain afterwards. Anxiety is a big part of a lot in life not just visiting the dentist. Discuss that you need to have a few minutes to calm yourself once in the chair, taking Theanine which is found in tea so have some beforehand, Vitamin B complex should be taken on a regular basis, if you are not take some a few days before your appointment and teach yourself how to relax and meditate so you can use the techniques for all life's experiences. Your body might have a delayed or prolonged reaction to the medication, and you might also have post-exertional malaise. Whenever possible, plan extra down time for yourself after you have something like this done, and take good care of yourself before and after the procedure to help your body recover.

Relaxation Guide: Sit in a chair, close your eyes gently, settle down comfortably. Begin by breathing out first; then breathe in easily, just as much as you need. Now breathe out slowly with a slight sigh, and as you breathe out feel the tension begin to drain away. Then go back to your ordinary breathing; even, quiet and steady. Now direct your thoughts to each part of your body; to your muscles and joints. Think first about your left foot. Your toes are relaxed and still. Your foot is resting easily on the floor. Now your right foot, toes, ankles. Now, think about your legs. Your thighs roll outward when they are relaxed so let them go. Your back muscles will relax when you hold yourself upright and your spine is supported by the back of the chair. Let your abdominal muscles become soft and relaxed. There is no need to hold your tummy in tightly. It rises and falls as you breathe quietly.

Think about the fingers on your left hand; they are curved, limp, quiet and still. Now the fingers on your right hand; relaxed, soft and still. This feeling of relaxation spreads up your arms to your shoulders. Let your shoulders relax, let them drop easily. Your neck muscles will relax if your head is held upright; resting easily balanced on the top of your spine. Let your face relax. Let the expression come off it. Make sure that your teeth are not held tightly together and let your jaw rest in its relaxed position. Your cheeks are soft because there is no need to keep up an expression. Your lips are soft and hardly touching. Relax your forehead so it feels a little wider and a little higher than before. Now, instead of thinking of yourself in parts, become aware of the overall sensation of letting go, of quiet and rest. When your muscles are relaxed you begin to feel peaceful, rested and quiet.

Stay like this listening to your breathing for about 10 to 20 minutes. Take a big sigh.

Important News

Meetings for 2012

Ferring Baptist Church Hall, Greystoke Road,
Ferring, BN12 5JL

Every third Tuesday of the Month.

Doors open 6.30pm start 7pm to 9.15pm

17th January - 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 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.

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

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 08448 872394

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

Nichola Bond

07796653477

Email: fms.waws@mail.com

Co-Leader & Game Master:

Simon Stuart

07806 808862

Email: simon10pq@sky.com

Administrator:

Christine Brunton

07905189163

Email: fibroworthing.chris@hotmail.co.uk

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.