

# Worthing Area Fibro Group Newsletter

September Edition 2012



Support your group it's here for you  
Next meeting 18<sup>th</sup> September Pacing in your day to day life.

**Author's words** It's been a rollercoaster couple of months with unexpected illness in my family and when you're a mum you have to do your motherly thing. It doesn't give you a break you got to continue. When you have your life just so and pacing is helping it makes you feel in control of your life and helps your health conditions, Most of the time. Then suddenly you are back nursing and looking after your child or children you go back to your worst days every day.



I try to look at these times as a positive because I have been living with FMS, ME and spinal problems for 12 years and able to manage my life as best as I can, so experiencing my worse days every day again helps me to help you, all the people that are just starting out on this road, all those who have been living with pain but have not yet been able to pace and live for each day. This is the reason why I wanted our group to help and support you. Worthing and Brighton group are here for you and cannot happen without the wonderful volunteers that join me in wanting to support others. If you feel you can use your skills within our groups we are waiting for you.

**Please email me on [fms.waws@mail.com](mailto:fms.waws@mail.com) to find out what you can do for your group**

What is available at your meetings? We bring friendship, support, laughter and help. Speakers who help us to find out what we can do to manage our conditions.



## Education and Information

We have a great selection in our library of books, CD's and DVD's. A wealth of information on our info table, items to buy, raffle, one to one chats and affordable holistic mini treatments. Just being with like-minded people, meeting others that go through what you are going through has a massive positive effect on each person.

**Social Tea Party** Get together for a great afternoon relaxing in the sun at Wiston Tea rooms from 2pm Saturday 15<sup>th</sup> September. Chat with friends and make new ones. Look forward to seeing you.

# Worthing & West Sussex Fibromyalgia Group



## Research

There are a lot of places that are doing a variety of research into FMS. Most is done in America and other countries. Just to give you an idea of the types of research I have written out a selection. It is too complicated to put into words all there details however if you want to know more then go into Google and type the information below.

**Trans Cranial Magnetic Stimulation** Efficiency of Acupuncture to improve symptoms and functionality for people with FMS.

## Developing Biomarkers for FMS

Biofeedback and cognitive behavioural therapy or CBT which has proven to be a great therapy for FMS and ME sufferers. Drugs and talk therapy. Evaluation and diagnoses of people with pain and fatigue. Transcutaneous Electrical Nerve Stimulation TENS and FMS.

**Medications:** Clinical trial testing the safety and efficiency of Fluoxetine in Juvenile FMS. Pregabalin used in adolescent patients with FMS. Drugs and talk therapy.

It is satisfying to know what research is being done and if there is a positive outcome. Research has come a long way since only 12 years ago and we are benefiting from some of it now. However they still have not found a cure but it is possible to manage your condition.

Well, where do you start? AT the beginning most people find it over whelming, once diagnosed there is a sense of relief but it's the beginning of a long journey. I can only tell you 12 years ago I was a different person to what I am now. When I read up on what FMS is and what we go through started a path that I never would have considered before I became ill. The battle through depression, pain, stiffness, insomnia, and plenty of other health conditions was a mine field and draining. Craving for that thing that would cure me or take away the pain, help me to sleep and an over whelming exhaustion became a struggle. Not being able to sleep properly eats away at you and if you let it will destroy who you thought you are. The doctor talked me through possibilities that will help me in my daily living and this is what we will talk about at our next meeting Tuesday 18<sup>th</sup> September.

Craving for information and just meeting others is a big factor when suffering with FMS, so joining a support group is the way forward. You get the right support that suits your needs, especially when you're group has informative, positive and light hearted people there to help you.

**Treatment** Book yourself in on arrival with Ghennet for some time during the evening.

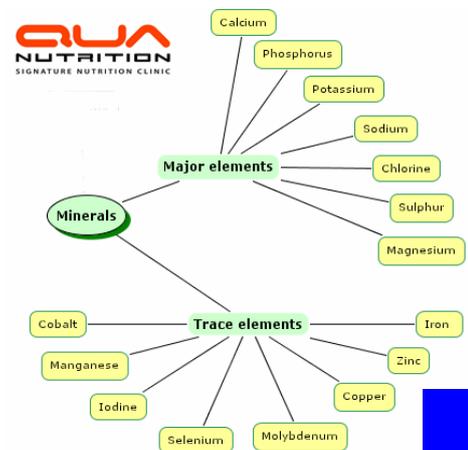


## Minerals and your body

**Manganese**-Nervous system function, bone strength, enzyme production and thyroid function. **Iodine**-thyroid function, **Zinc**-Brain function, alertness, Cellular, immune function, prostate and food processing. **Potassium**-Sends oxygen to brain, nerves, muscle functions and blood pressure. **Molybdenum**-enzyme reduction and activation. **Phosphorus and Calcium**-tooth and bone formation. **Copper**-metabolic processes and blood cell reduction. **Magnesium**-Heart regulation and relaxes muscles. **Calcium**-cardiovascular health, strong bones muscles. **Selenium**-Immune function. **Chlorine**-aids in digestion HCL. **Silicon**-Bone and connective tissue health. **Sulphur**-healthy skin, hair and nails. **Chromium**-sugar, metabolism, mineral cofactor. **Iron**-blood production and disease resistance. **Sodium**-nerve and muscle functions.

As an example: to gain the correct amount of mineral you would need to take:

**Zinc**-2 cups of milk or 2 avocados. **Selenium**-3 eggs or 10 slices white bread or 17 cups Brussels sprouts. **Iron**-3 cups of celery or 2.5 cups spinach or 2 medium avocados. **Copper**-2 kiwi fruit or 100g broad beans. **Chromium**-25 bananas or 12 cups orange juice or 12 slices wholemeal bread. **Manganese**- 1 medium sized banana or 1 cup cranberries or 12 asparagus spears. **Molybdenum**-219 g of spinach or 50g carrots. **Iodine**-4 cups of strawberries or 2 boiled eggs.



We look after the outside of our body however to help any health challenge we need to look after the inside too. There are about 76% of minerals that no longer are in our foods as 50 years ago. There are many products on the market that pack the minerals and vitamins into a drink which helps save time than trying to eat as much vegetables and fruit that you need. Preparing healthy foods is easier than most people think and does not have the massive amount of salt, sugar, fats and chemicals that fast food has like pizza, Indian, Chinese and kebabs etc. . .

Look after your body this will help to alleviate conditions like thrush, Candida Albicans, cystitis, eczema and many more. The pain of FMS and the ME will not be so painful.

There are two kinds of minerals: Macro and Trace. Macro minerals are minerals your body needs in large amounts. They include calcium, Phosphorus, magnesium, sodium, potassium, chloride and sulphur.

Your body needs just a small amount of trace minerals which are iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium.

## Coping with FMS and how to pace your day



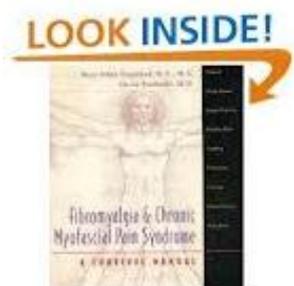
It is hard to think how you are going to cope with FMS and your daily life. You may feel at first that you are being selfish with your time however it is a priority to look after yourself because if you don't you can plunge deeper into depression or a hole you think you cannot get out of.

There is hope even though we suffer with widespread pain, sleep disturbances, chronic daytime fatigue, morning stiffness in the joints and muscles, migraine headaches, irritable bowel syndrome painful menstrual periods, numbness or tingling of the extremities, restless legs syndrome, temperature sensitivity, dizziness and balance problems, cognitive and memory problems and mood disturbance such as depression and anxiety, we are capable of managing our day and our health. Be strong in mind thus stronger in body.

## COPING

Fibromyalgia is a persistent condition for which there is no cure. You may be more severe at certain times of the day, month, traumatic event can make you worse. But there are ways of coping with fibromyalgia symptoms and preventing exacerbation of pain. Here are some tips:

- **Prioritize sleep** - it is important for people with fibromyalgia to maintain a regular sleep schedule and to get treatment for sleep disorders if necessary.
- **Create a quiet environment** - pain has been known to intensify in the presence of sound stress.
- **Exercise** - regular exercise is known to improve symptoms in some patients. For people with fibromyalgia, low-impact activities such as walking, yoga or swimming are the best choice.
- **Medication** - work with a physician to develop an effective medication regime.
- **Massage** - gentle massage, deep breathing, and relaxation techniques are all generally considered beneficial with respect to chronic pain management.



Education is the key as you learn more you start to understand your body and how to deal with pain. Pacing is defiantly the right way to getting more out of your day. Resting regularly, making lists and priorities, don't hesitate to ask for help. How you think about things has a big impact of how much you can do.

September meeting we will be looking at ways to cope in our daily living.

**Medical Box:** Sleep many fibromyalgia patients look to medications to improve their sleep habits as it affects their whole being. While not necessarily a permanent solution, sleep medicines can offer some relief. There is a lot of controversy about taking sleeping tablets and this is something you alone have to decide if you need them. Many sleeping pills and sedatives are habit-forming, and can lead to severe addictions. Persistent or long-term use of sleeping pills can cause your body extreme damage and can lead to devastating withdrawal symptoms, including hallucinations, delusions, and tremors. So it is important you talk to your doctor about the negatives and positives. However, sleeping pills can be very beneficial to people who have a known cause for their sleeping problems. If the cause of insomnia can be treated, sleeping pills may offer temporary relief of symptoms, allowing you to get some sleep. Sleeping Pills can be used for insomnia, night time waking, non-restorative sleep, difficulty falling asleep. The short-term use of sleep aid medication allows many people with fibromyalgia to take control of their sleep patterns and begin to get some rest. It can also reduce muscle pain and spasms.

**There are many types of sleeping tablets:**

**Benzodiazepines** this has been around since 1960's, they are prescribed as a sedative and pain reliever. They work to calm brain activity down by working on a special neurotransmitter in the brain called *GABA* which is a chemical response to sedate the brain activity. It increases the amount of *GABA* allowing you to rest sleep and feel less anxious.

Some medications are: **Temazepam, Loprazolam, and Nitrazepam.**

**Imidazopyridines** are a newer sleep medicine than benzodiazepines, but they act on the same *GABA* receptors in your brain. Because they are short acting, Imidazopyridines are less likely to cause addiction or tolerance.

Some medications are: **Zopyridines, Zolpidem, Zopiclone, and Zalepon.**

**Barbiturates** are prescription sleep medications that work by suppressing activity in your central nervous system. They also help to inhibit nerve and muscle activity, thereby limiting pain. There are numerous barbiturates available on the American market, including: **Phenobarbital, Amobarbital, and Butabarbital.**

However, barbiturates are not commonly prescribed for people with fibromyalgia because of the likelihood of addiction. Barbiturates also cause a number of side effects including: fever, sore throat, chest pain, wheezing, skin problems, swollen eyelids and face, and muscle and joint pain.

**Antihistamines** are usually used to help relieve allergy and cold symptoms; however, they can also be used as sleeping aids because of the drowsiness they cause. Antihistamines are available as over-the-counter sleep medications.

Some medications are: Diphenhydramine and Promethazine.

**Alternatives:**

There is information about natural alternatives in past newsletters, please look on our website where you will find all newsletters for you to read and print out if wanted.

# 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

17<sup>th</sup> January - 21<sup>st</sup> February

20<sup>th</sup> March - April Cancelled

15<sup>th</sup> May - 19<sup>th</sup> June

17<sup>th</sup> July - 21<sup>st</sup> August

18<sup>th</sup> September - **16<sup>th</sup> October**

20<sup>th</sup> 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](http://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](http://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](http://www.kasal.co.uk/mobilehairdressing)

## Contacts: Help and information Line 08448 872394

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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.