

Worthing Area Fibro Group Newsletter

October Edition 2012



Author's words:

As we are coming close to the end of the year we are thinking about our Christmas meal. Every year we get together to celebrate and enjoy a great meal and good conversation. We will be going back to Toby Carvery at Lyon Farm, Brighton road. 11th December 5.30pm details on the Xmas poster and at the meetings. We will need a deposit of £5.00 please from each person to confirm the booking as soon as possible to confirm booking. Menu and all details will be available at the meetings. As a thank you for supporting your group we will pay a % of the meal. We will start to take names and deposits from October meeting. You are more than welcome to bring family members .



October speaker: it is the last month with a speaker; we have a local lady coming to talk about Kinesiology. A Very interesting and effective therapy. Please feel free to come along to both support and learn more.



Research;

Researchers have discovered that experiencing regular uplifting moments improves mental health, makes us nicer people and helps us overcome stress.

The experiences fix the mind to the present moment, which makes people feel that they have more time to spare, they were more patient, less materialistic, more willing to give up time to help others - and were happier and calmer.

The researchers said that their studies "demonstrated we can experience uplifting feelings from a walk down memory lane or watching DVDs or programmes about waterfalls, animals and travelogues, reading a story, listening to music for even merely 60 seconds."

Absolutely any inspiring or moving situation produced the 'wow effect'. So this great news means this is something all of us can do. We can add this 'wow technique' to our pain relief toolkit and plan to seek out uplifting moments throughout the day. Even if you've having a difficult day, having long-term pain doesn't necessarily have to stop us from feeling happy and having some 'wow' in our lives - and you may notice that the more 'wow' you have, the less 'ow' you feel!

Worthing & West Sussex Fibromyalgia Group

Kinesiology: **BALANCE FOR THE WHOLE PERSON** Systematic Kinesiology (S.K)

MUSCLE TESTING CAN
SHOW THE NEED FOR
VITAMINS OR
MINERALS

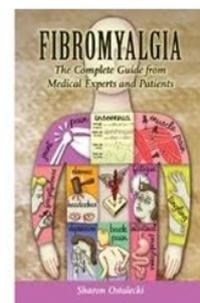


Kinesiology is a natural health care system which uses gentle muscle testing to evaluate many functions of the body in the structural, chemical, neurological, and biochemical realms. Kinesiological muscle testing does not assess strength, but tests the integrity of the many factors which determine its response when called upon to contract. If you think of a simple electrical circuit with a fuse - if the fuse is blown it will not work at all - if the fuse is the wrong rating it will blow the circuit or work erratically!! By fitting the correct fuse the circuit will work to its best ability. Systematic Kinesiology works the same way using muscle testing. Therefore a weak muscle test will go strong with the correct nutrition, dealing with an emotion, etc.....

Kinesiology testing does not diagnose disease. Muscle testing enables analysis which detects minor functional imbalances. Minor imbalances when not corrected, accumulate and cause compensations. Compensations compound each other, lead to functional changes, and give rise to symptoms of discomfort, pain or maybe allergic reactions. If these warnings are ignored, disease can follow. Using massage, nutrition, and contact points, Kinesiology helps with: emotions and anxieties, specific personal dietary intake and supplements for nutritional deficiencies, structural imbalances and energy blocks. Kinesiology balances the whole person, which enhances health and well-being.

Library Books: Books are essential when researching information, the internet is as well but with a book you can choose the title can and expect detailed interesting information from it. Sometimes the internet gives you snippets of information and you have to search for more that can take up so much time.

We offer a great library for you to take home at a £1.00 each book a month. We do expect those books to be returned. It is important to take details of each person taking a book so that if we need to chase up on where about each book has gone we have a record. So please use the library it's there for you. If you have any books that you no longer want and think it will fit into our library please bring it along, mark down from whom it was donated by please.



We are also looking for a member to look after the library, it's an easy job you just need space for a plastic box which house tow bags and a smaller holdall which has the cd's in them. At each meeting bring them along for no later than 6.20pm so they can be put up ready for the 6.30pm start of the evening. It would be appreciated if you could look after the paperwork but not essential at this stage. Please contact Nichola on 07796653477 as soon as possible as we would like this arrangement to start by Jan 2013. Thanks.

Worthing and West Sussex Fibromyalgia Group

Research: What do we see in brain imaging when we bring together mind body and brain?



Pain can become a disease in and of its own right, one that can fundamentally alter both the peripheral and central nervous system thereby setting up a state that is persistent and amplified.

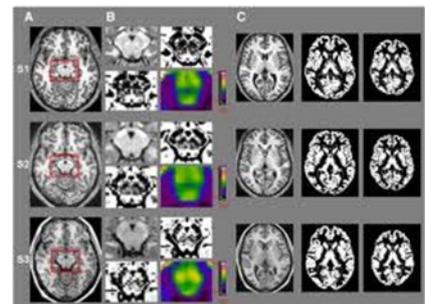
The concept of pain began as a theory from dualism Rene Descartes, the idea of separation of mind, brain and body.

Until now we were left with this 17th century philosophical model. Mr Mackey explains that we've now gained a much greater appreciation that in fact nociception (an electrical chemical event that occurs in the presence of injury or trauma) is not equal to pain that in actuality nociception is just part of history. That it's not until it hits the brain that it becomes our ultimate perception of pain.

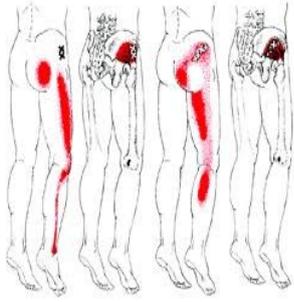
One that is modified, amplified and modulated by other factors. Things like cognitive factors, attention, distraction and catastrophizing. Neuroimaging provides insights to brain activity where one region is as a stronger impicator in how someone is going to experience pain and the persistence of it than anything else; Contextual aspect, belief, placebo, where patients are depressed or anxious. And then also many of the genetic factors also play a role as well as early life experiences. These may relate to the idea of individual difference in pain perception. One study by Kim et al, has shown that factors such as genetics, sex and anxiety catastrophizing and personality characteristics also play a roll, which Dr Mackey said 'by the very nature defines this as a very brain related phenomenon.

We have been intrigued by the roll of fear and anxiety over the years, many people shown that coming into a injury with anxiety and fear have persistent pain and more than likely suffer with amplified pain. After looking at the brain it shows specific regions that accounts for this. The brain has the ability of altering its course which begs the question 'what happens if the pain goes bad' and it fundamentally alters the nervous system. We are losing 1% of our grey matter a year after the age of 30... but if you suffer with lower back pain it goes up to 5% loss each year.

The losses were heaviest in the prefrontal cortical regions, regions of the brain that deal with executive functioning and working memory. It's keeping informational pieces in mind and then manipulating them. So we see many with cognitive dysfunction and put it down to mood and or medication, where it looks like it's coming from the actual pain itself.



Sciatica: Neuropathy sciatic nerve; Sciatic nerve dysfunction. Sciatica refers to pain, weakness, numbness, or tingling in the leg. It is caused by injury to or pressure on the sciatic nerve. Sciatica is a symptom of another medical problem, not a medical condition on its own.



What are the causes and risk factors? This nerve starts in the lower spine and runs down the back of each leg. This nerve controls the muscles of the back of the knee and the lower leg and provides sensation to the back of the thigh, part of the lower leg, and the sole of the foot.

Common causes of sciatica include: Slipped disk, Piriformis syndrome (a pain disorder involving the narrow muscles in the buttocks.) Pelvic injury, fractures or tumours.

Symptoms:

Sciatic pain can vary widely. It may feel like a mild tingling, dull ache, or a burning sensation. In some cases, the pain is severe enough to make a person unable to move.

The pain most often occurs on one side. Some people have sharp pain in one part of the leg or hip and numbness in other parts. The pain or numbness may also be felt on the back of the calf or on the sole of the foot. The affected leg may feel weak.

The pain often starts slowly. Sciatic pain may get worse if you stand or sit a lot, during the night, when sneezing, coughing or even laughing. Bending down or walking more than a few yards, especially if caused by spinal stenosis.

Signs and tests: Weakness of knee bending or foot movement, difficulty bending your foot inwards or down. If you have abnormal or weak reflexes, numbness or loss of sensation and pain when lifting the leg straight up off the examining table.

If you are in severe pain you may have to have a blood test, x-rays or other imaging tests.

Treatment: The underlying cause should be determined and treated. In some cases, no treatment is required and recovery occurs on its own. Treatment is best in many cases. Your doctor may recommend calming your symptoms by applying heat or ice in the painful area. It's recommended to use ice in the first 48-72 hours after and then use heat. Ibuprofen is recommended, however if you are asthmatic please talk to your doctor or chemist for an alternative. Bed rest is not recommended; moving about regularly will help to loosen you up. Some light movement is recommended; avoid any lifting of heavy items. Strengthening exercises for your spine and back.



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? In 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 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 18th October.

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 our therapist for some you time, during the evening.

Worthing and West Sussex Fibromyalgia Group

Meetings

Ferring Baptist Church Hall
Greystoke Road
Ferring BN12 5JL
Every third Tuesday of the Month.
Doors open 6.30pm start 7pm to 9.00pm
2012 Dates
17th January 21th February
20th March 17th April
15th May 19th June
17th July 21st Aug 19th September
16th October 20th November

Raising funds and
awareness for your group:



We are look- ing for vol-
unteers who will be happy to be in-
volved with some fundraising for the
group.

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

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

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qualified professional.