

Worthing & Surrounding Area's Fibro Support Group

February Edition 2013



What a great meeting we had in January. Our speaker Luke Savage Cranial Osteopath gave a very interesting talk and demo. Tel: 0800 840 3838 a lot got a chance to talk to him afterwards. Our one to one's booked up quickly and was also a great success. On arriving please put your name down if you have any questions or queries and we will endeavour to give you the support that your need. Our next meeting is the 19th February; a workshop to help us in our daily life.

There is more and more research going on to find out about the way we can use our brain and how we can help ourselves in creating a happier and healthier life. It is also proven how positive thinking lifts our mood which in turn creates in us a desire to improve our health, and life. By starting something that you can enjoy and realising you can do it is a great medicine. Having confidence in yourself is a starting point to meeting your goals. This is what keeps us going. Even though we still live with health issues it doesn't mean we have to stop our life, it just means our life has changed.

Hobbies:

I have started knitting again after 20 years. The state of my health put me on delay and the state of my mind stopped me. I am fed up with feeling depressed, having no energy, being in pain. So I started knitting again my hand still gives me jip but not as bad as before and I do a few lines then rest.

I am so pleased I tried because I am achieving something I enjoy and never thought possible again. Which has made me feel better. I try not to think about my pain all the time while doing other things. It is so rewarding. I have made a decision I want to live again with a sense of achievement, having goals, pacing myself and sticking to a daily routine has given me back the desire to be the old me. Looking inside me and changing my thought pattern on many things close to me has helped the road to a better life. I know it is possible. Is it for you?



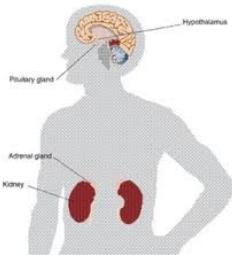
Some people take up art and crafts, painting and drawing, jewellery making plus lots of other hobbies.



I would like to bring in workshops at some of the meetings and need some suggestions so please let us know your ideas. I also would like to know if you have a hobby you could show us and talk us through.

What is or was your profession maybe you can teach us what you know. Every other month there will be an opportunity to tell your story to the group. If talking is not your thing but would still like to share your life's journey write it down and myself or Christine will read it out. By sharing it helps others to cope knowing they are not alone.

The Four Most Common Hormone Disorders in Women:



Hormones play a major role in how well your body functions and how you feel from day to day. If your hormones are in balance, you likely sleep well and have lots of energy, a strong sex drive, and well-functioning immune and digestive systems. "The healthy body is equipped to produce all the hormones a woman needs throughout her life," said Dr. Christiane Northrup, author of 'The Wisdom of Menopause'. But those hormones can easily become pushed off kilter -- even with too much stress or an unhealthy diet -- leaving room for a wide array of hormonal disorders to surface.

Hormones are proteins or steroids that are secreted directly into your bloodstream. They are responsible for the body's metabolism of minerals, regulation of fluids, reproduction, sexual function, and responses to stress. The endocrine system, which includes glands such as the pituitary, hypothalamus, thyroid, parathyroid, pancreas, adrenal cortex and medulla, and ovaries, produce hormones in women. Common Hormone Disorders: Polycystic Ovarian Syndrome (PCOS) The most common hormonal disorder among women is polycystic ovarian syndrome (PCOS), which affects an estimated 7 percent of women. However, many cases may go undiagnosed, so as many as one in 10 women may be affected. "This is a syndrome, which means it is a collection of features." Two-thirds of women with PCOS are overweight and most are insulin resistant. To find out more look on line or speak with your doctor if you are worried.

Sickness Benefit: Sickness benefit will be stripped from claimants who refuse to get treatment for their problems under a crackdown to be tested in a £25 million Government trial. Ministers want to extend the concept of "conditionality" used to force the jobless to seek work to welfare payments for those with health complaints as well. A series of pilots around the country for what is being touted as a "tough love" approach by Downing Street sources will be announced before Christmas. Chancellor George Osborne is seeking ways to slash a further £10 billion from the welfare budget by 2016/17 on top of £18 billion of cuts already announced. Under the proposals, claimants would be expected to attend regular sessions with a health care professional who could require them to attend therapy and other treatments to help them recover. It is unclear exactly what conditions would be caught but No. 10 suggested drug and alcohol addicts who failed to attend rehab courses would be among them in the initial trials. Funding for the pilots has been agreed, they said. "This is a tough love approach towards our aim of ending the something for nothing culture in benefits," a Government source said. "It's right that we provide support for people in need, but we should also expect something back in return. We are already helping people back into work through unemployment benefit conditionality.

"Now we are looking at transferring that principle to sickness benefits, so that for those people who are sick but able to take practical steps to improve their health, the benefits system encourages them to get better."

Pain Killer Addiction: Can it be avoided. It is easy to get into a position of becoming an addict to codeine-based painkillers and to come off the addiction you either have to go cold turkey or have a Ketamine infusion.



Mistake No. 1 If 1 is good, 2 be be better. Doctors prescribe pain pills at the doses they believe will offer the greatest benefit at the least risk. Doubling or tripling that dose won't speed relief.

Mistake No. 2: Duplication Overdose People often take over-the-counter pain drugs - and even prescription pain drugs - without reading the label. Never a good idea.

Mistake No. 3: Drinking While Taking Pain Drugs. Pain medications and alcohol generally enhance each other's effect.

Mistake No. 4: Drug I nteractions. Think about what other medicines, herbal remedies, and supplements you are taking. Some of these drugs and supplements may interact with pain medications or increase the risk of side effects.

Mistake No. 5: Drugged Driving. Pain medications can make you drowsy. Different people react differently to different drugs

Mistake No. 6: Sharing Prescription Medicines. Never share your prescription even if you are on the same medication or dosages.

Mistake No. 7. Not talking to your pharmacist.

Mistake No. 8. Hoarding dead drugs. Pills stored at home start breaking down soon after their expiration date.

Mistake No. 9: Breaking Unbreakable Pills are actually little drug-delivery machines. They don't work the way they're supposed to when taken apart the wrong way.

Information Sites: When reading these articles please remember this is information, it is important to understand your body. It does not apply to everyone.

Is there a safe low calorie sweetener: <http://www.care2.com/greenliving/erythritol-the-only-safe-low-calorie-sweetener.html#ixzz2GM4hgT1V>

Foods for Fibromyalgia: <http://www.foodsforfibromyalgia.com/information-center/latest-newsletter.html>

Do Opioid Help to Relieve Fibromyalgia Pain?

<http://fibromodem.wordpress.com/2012/12/24/fibro-controversy/>

We meet
every third Tuesday of
the month.

At
Ferring Baptist church
Hall
Greystoke road Ferring
BN12 5JL

Dates for meetings

January 15th

February 19th

March 19th

April 16th

May 21st

June 18th

July 16th

August 20th

September 17th

October 15th

November 19th

No December
meeting.

Xmas Party to be
arranged.

Copies of the Newsletter's are available on our
website to download or and copy out.

www.fmswaws.org

Helpline: 08448872394

Help

We are a group run by volunteers most with FMS/CFS and other medical conditions. We are dedicated to give support to each person that comes through our doors.

We are always looking for volunteers to help with the running of the meetings once a month. Please speak to anyone at the meeting if you would like to help.

Fundraising

We are always grateful to all who raise much needed funds to keep the group going. If you want to do your bit to help here are some idea's: Coffee get together donations at the door, or a charge for coffee and a biscuit. Open your garden offer refreshments to go towards the group.

Garage sale. Darts match payment to be involved.

Raffle at any event. Run a marathon.

Cake competition. Cycling race.

Sponsored swim. Bungee jump.

Parachute jump. Sky dive.

Spiritual Readings and Healing available please call Helpline.

Holistic therapies available at each meeting, please ask on arrival at meetings.

Simon Co Leader Tel: 07806 808862

email simon10pj@sky.com

Nichola Co Leader Tel: Helpline number

email beauty_within_15@hotmail.co.uk

Christine Administrator Tel: 07905189163

email fibworthing.chris@hotmail.co.uk

Pete MacKean Webmaster: 01903739596 Email: petemackean@sky.com

Disclaimer: Information in this newsletter does not necessary infer endorsement by the Worthing and surrounding area fibromyalgia syndrome support group. Any advice or recommendation of a medical or legal nature must always be discussed with a qualified professional.