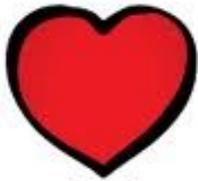


Worthing & Surrounding Area's Fibro Support Group

March Edition 2013



HEALTH &
WELLBEING

Hello to you all. On behalf of all of us at the group we wish Christine well in recovering from a minor operation in her mouth. We all know any operation on top of our health challenges takes time to recover, so get well quickly, you are very much missed.

We had a really positive February meeting sharing valuable insight into how our lives are balanced or should I say unbalanced and looking for ways to help to make your day to day life better.

The one to ones are on a roll so please put your name down on the time chart when you arrive at the meetings if you want any questions answered or need to know anything to help you on your fibro journey.

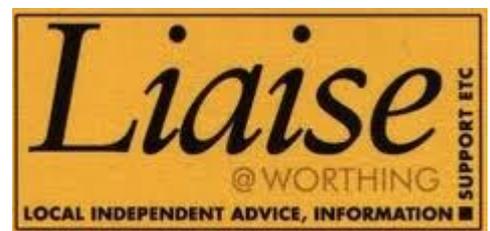
Review on Benefits: Liase... This month we have a talk on what's what with the benefit system. Last year about the same time we had a great talk on this subject and as things have been changing it is important to be up on what is on offer from the government.

We're from Liase the advice bureau in Broadwater. Which help with frontline debt and benefits. Will be updating us.

This talk is open to all disabled and suffering with ill health and need to know about the Benefits available to them.

This is for people of all walks of life and is well worth coming along too.

It's better to be in the know, which helps with your confidence in finding out about where you stand with any benefit advice, and helping filling out forms.



Future Meetings.. Dates on last page... What's planned

April Meeting: Christine will be presenting: A Presentation and talk on the Rheumatology departments of NHS and what they offer you as a sufferer. Very interesting information.

May meeting: We are very lucky to have a top Counsellor and psychologist come and give us an insight to a variety of methods of helping people that suffer with pain physically and mentally. Lesty is giving her time - free, so please come and support your group.

We work hard to bring speakers and subjects to bring knowledge to us, so we can live a better life and try to learn to live with our health challenges.

What is the Difference between Trigger Points and Tender Points?

The terms *tender point* and *trigger point* are often used interchangeably; however, they are different from each other. At first glance, the medical community

Trigger Point	Tender Point
Palpable nodule (small mass)	No palpable nodule
Hyperalgesia and allodynia (pain types) at site only	Hyperalgesia/allodynia at and away from site
Usually isolated (single)	Multiple by definition
Refer pain away from site	Hyperalgesia/allodynia at and away from site
Local twitch response	No local twitch response
Biopsy shows contraction	Biopsy shows nonspecific microscopic changes
Evidence suggests peripheral nerve involvement*	Evidence suggests central nervous system involvement

appears divided over whether they in fact are the same thing or two different conditions. Some FMS and CFS sufferers do not have both. Some doctors also question whether FM and MPS are different illnesses.

Tender points: In diagnosis of FMS in the past and some doctors rightfully use this method of diagnosing today, they would touch 18 specific places on the body which cause widespread pain and tender to touch. If 11 or more are painful to the patient then this contributes to there decision.

Trigger points: or (TrPs or MTrPs), is a small, hard knot in the muscle (myo) or connective tissue (fascia) that won't relax. TrPs are painful when pressure is applied. In the absence of pressure, they may cause pain in the immediate area and/or cause pain in a different area. This is called a referred pain pattern. Chronic pain from multiple TrPs is called myofascial pain syndrome.

Sleep disorders: Sleeping pills benefit is half placebo according to a new study. Z-drugs Research from Health News Medically reviewed by Dr F Ahmed.

The clinical trials had looked at the most common type of sleeping pills, known as Z-drugs (non-benzodiazepine hypnotics). These pills are frequently used in the UK as a short-term treatment for insomnia. Some health experts though have questioned whether the benefits of Z-drugs justify their side effects, which can include memory loss, fatigue and impaired balance. The researchers found that once the placebo effect is discounted, the effect of the medication is of "questionable clinical importance". Z-drugs did reduce the length of time it took for subjects to fall asleep, both subjectively and as measured in a sleep lab, but around half of the effect of the drug was a placebo response."Psychological treatments for insomnia can work as effectively as sleeping tablets in the short-term and better in the long-term, so we should pay more attention to increasing access to these treatments for patients who might benefit," Professor Adrian Williams, professor of sleep medicine at King's College, London tells us that the findings are "fascinating, and wholly believable" and consistent with other studies showing a similar placebo effect. Sleep reduced the pain.

Always discuss this subject with your doctor.

Suffer from Arthritis? This tree maybe able to help you....



Indian Frankincense (or Boswellia) comes from the Serreta tree found in India, Northern Africa and the Middle East. It produces a gummy resin that local medical practitioners use to treat joint pain and inflammation. Boswellia is a potent anti-inflammatory that treats joint stiffness, osteoarthritis, rheumatoid arthritis, gout and lower back pain. As it is a natural remedy it has no side effects. Always check with your doctor before you take it so it does not clash with your daily medication.

Research: Evidence Fibromyalgia Is an Immune Problem

Unique immunologic patterns in fibromyalgia Background

Fibromyalgia (FM) is a clinical syndrome characterised by chronic pain and allodynia. The diagnosis of FM has been one of exclusion as a test to confirm the diagnosis is lacking. Recent data highlights the role of the immune system in FM. Aberrant expressions of immune mediators, such as cytokines, have been linked to the pathogenesis and traits of FM. We therefore determined whether cytokine production by immune cells is altered in FM patients by comparing the cellular responses to mitogenic activators of stimulated blood mononuclear cells of a large number of patients with FM to those of healthy matched individuals.

<http://www.prohealth.com/library/showarticle.cfm?libid=17807>

<http://www.biomedcentral.com/content/pdf/1472-6890-12-25.pdf>

Information Sites:

FREE Report from The Optimum Health Clinic Award winning ME and CFS specialist clinic.

<http://freedomfromme.co.uk/freeinfopack/?gclid=CITe-7zUz7QCFefMtAodn3gAgw>

Sleep problems, Insomnia, A natural remedy for insomnia blood pressure related, children and sleep disorders.

<http://www.webmd.boots.com/sleep-disorders/guide/meditation-for-insomnia>

Keep Disability living allowance say no to reform

[Lets Stop the Abolition of DLA](http://links.causes.com/s/clIkC2?r=Jd5B)

<http://links.causes.com/s/clIkC2?r=Jd5B>

Fibromyalgia Meal plan: <http://www.foodsforfibromyalgia.com/programs/fibromyalgia-meal-plans.html>

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: simon10pq@sky.com

Nichola Co Leader Tel: Helpline number 08448 872394

email beauty_within_15@hotmail.co.uk

Christine Administrator Tel: 07905189163

email fibroworthing.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.