

Worthing & Surrounding Area's Fibro/ME Support Group



October Edition 2014 Written by Nichola edited by Simon

Next Meeting 21st October: We have a local lady who is a Laser Light treatment therapist, she has been using this treatment for a number of years and about 2 years ago I had some treatment, it definitely helped. If you would like to know more please contact Mary. Mary@laserlightenergy.com Tel: 07771664880.

Xmas meal If you would like to come please bring £5.00 for deposit and put your name down on the list which will be at the meeting in October and November. We can not book until we have deposits. So the earlier the better. We will be going to

North Star Littlehampton Rd, Durrington. Tuesday 9th December at 7pm.

Changes in the group for 2015: due to monthly meeting numbers dropping and other commitments we will be having 3 meetings a year. Same time and place ... 17th March, 16th June, 20th October, Plus xmas meal to be arranged.

Meals out 17th February, 19th May, 15th September to local places will be in Newsletters, website and Facebook.

Once a month Coffee Meetings will stay the same

29th Jan, 25th Feb, 25th March, 29th April, 27th May, 24th June, 29th July, 26th August, 30th September, 28th October, 25th November. Xmas meal to be arranged.

Newsletter 2015: These will be sent out on end of Jan, April, July, Oct, and special in Email for details of xmas meal in Dec. If there is anyone interested in helping with the newsletter, we are looking for articles to be printed in each edition through out the year. We would appreciate articles sent to us or bring in to the meetings please.

Next Day time Coffee meet is the 29th October: Details on back page. Help Line & Information: 08448 872394

Head and shoulders Massage and Healing available at each meeting.

We are very lucky we have a Holistic Therapist (Ghennet) who attends the monthly meetings and sees anyone who wants a treatment. She just charges a donation of £5.00. £1.00 goes to the group. Book on arrival or phone her, she also has various other treatments which she does at home. Tel: 01903205699 or 07587726943

Causes of Fibromyalgia continued.....Associated conditions: There are several other conditions that can increase your risk of developing fibromyalgia. Generally, these are rheumatic conditions (conditions affecting the joints, muscles and bones), such as:

Osteoarthritis - where damage to the joints causes pain and stiffness. Lupus: - where the immune system mistakenly attacks healthy cells and tissues in various places in the body

Rheumatoid Arthritis - where the immune system mistakenly attacks healthy cells in the joints, causing pain and swelling Ankylosing Spondylitis - swelling and pain in the joints and tissues occurring in parts of the spine. Conditions such as these will usually be tested during the diagnosis of fibromyalgia. Read more about diagnosing fibromyalgia [here](#).

Diagnosing fibromyalgia: If you think you have fibromyalgia, visit your GP. Diagnosing fibromyalgia can be difficult, as there is no specific test that can diagnose the condition. The symptoms of fibro can vary and are similar to those of several other conditions. During diagnosis, you will be asked about how your symptoms are affecting your daily life. Your body will also be examined to check for visible signs of other conditions - for example, swollen joints may suggest arthritis, rather than fibromyalgia.

Ruling out other conditions If your GP thinks you may have fibromyalgia, they will first have to rule out all other conditions that could be causing your symptoms. These conditions include: Chronic fatigue syndrome (also known as Myalgic encephalomyelitis, or ME) - a condition that causes long-term tiredness. Rheumatoid arthritis - a condition that causes pain and swelling in the joints. Multiple sclerosis (MS) - a condition of the central nervous system (the brain and spinal cord) that affects movement and balance. The main tests used to check for these conditions are urine and blood tests although you may also have X-rays and other scans. If you are found to have another condition, you could still have fibromyalgia as well.

Criteria for diagnosing fibromyalgia. In order for fibromyalgia to be diagnosed, certain criteria usually have to be met. The most widely used criteria for diagnosis are:

- you either have severe pain in three to six different areas of your body, or you have milder pain in seven or more different areas
- your symptoms have stayed at a similar level for at least three months

no other reason for your symptoms has been found. The extent of the pain used to be assessed by applying gentle pressure to certain "tender points", where any pain is likely to be at its worst. However, this is less common nowadays.

Diagnosing additional conditions

It's also possible to have other conditions alongside your fibromyalgia, such as:

Depression, Anxiety, Irritable Bowel Syndrome (IBS) a condition that affects the digestive system.

If your symptoms suggest you have another condition as well as fibromyalgia, you may need further tests to diagnose these. Identifying all possible conditions will help to guide your treatment. Don't leave a condition that you think is not fibro, see your doctor so that you can have tests to either eliminate it, find out what it is or if it is a part of your fibro.

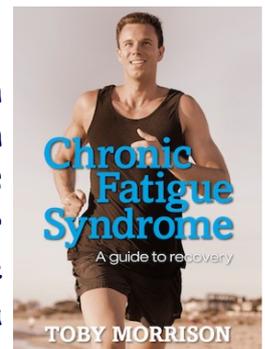
Nutrients And Natural Products: Vitamin K. Blood and Bones: Vitamin K includes a group of compounds that contain a central ring structure with varying side chains. These differing side chains account for variations in absorption, bioavailability, transport and tissue distribution. Vitamin K₁, phylloquinone, is the most common form and is found in plants and green vegetables. The vitamin K₂ family, menaquinones, are less common and are found in meats, eggs, some cheeses, and fermented food, such as Japanese natto. The most common menaquinones are menaquinone-4 (MK-4) and menaquinone-7 (MK-7). Studies indicate that vitamin K₁ and MK-4 are primarily concentrated in the liver, while MK-7 concentrates in extra-hepatic tissues, including vascular tissues, and has a longer half-life. Vitamin K enhances bone formation by carboxylating



osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Adequate intake of vitamin K₁ and K₂ may be especially important for optimal carboxylation in aging individuals, as indicated by a recent study involving Japanese women. By activating matrix Gla-protein (MGP), vitamin K also helps maintain healthy calcium metabolism in vascular tissues, supporting healthy vascular elasticity. Recent studies indicate that vitamin D also potentiates the activity of MGP and that the combination of vitamin K and D provides synergistic support for blood vessel function and bone health. Vitamin K supplementation is contraindicated for those taking Coumadin/warfarin anticoagulant medication.

Recommended Book: New Book to our Library

Christine & I have had the privilege to meet Toby Morrison an inspirational guy who suffered ME in his younger life. I have been working with his programme this past year and it has had many positive's for me. I recommend anyone to this programme, it is not free but for the quality of life you can have it's worth every penny, you have the opportunity to read his book and watch his DVD for just a £1.00 a Month. Join his Facebook and look on the web for more info.



Reminder: Any Books borrowed from our Library please remember to bring them back in by November meeting 2014.

Useful Website:

- Mindful Magazine <http://www.mindful.org> Mediation and learning how to live a calmer balanced life.
- Forgiveness quotes. <http://www.goodreads.com/quotes/tag/forgiveness>
- CFS Health Wellness <http://www.facebook.com/CFSHealthCentre>
online recovery programme
- Fibromyalgia Magazine: <http://www.ukfibromyalgia.com> Up to date research
- Benefit website: <http://www.benefitsandwork.co.uk> Lots of useful info.

We meet every third Tuesday of the month at 6.30pm to 9pm:
 Ferring Baptist Church Hall, Greystoke Road, Ferring, West Sussex. BN12 5JL

2014 Calendar - Evening Meets

January 21st	February 18 th	March 18 th	April 15 th	May 20 th	June 17 th
John Ryon Hypnotherapy Very Popular Excellent evening CD's £1.00 Sleep & Pain	Talk on ME/CFS & Crafts	Luke Savage Cranial Osteopath	Meal Out Tel: 07796653477 Toby Carvery Goring, 7pm Please let us know in advance for booking	Ann Lawder Colour Analysis Create an uplifting you in mood and appearance Enjoy the laughter feel good factor	Pip local Artist Drawing Therapy 07728291858 plus Simons great Fun Quiz
July 15 th	August 19 th	September 16 th	October 21 st	November 18 th	December
Tina is back with information about how magnets can help our health. Energetix Magnetic Jewellery	Talk on The Human Energy field and how that affects us With Meditation & Crafts	Meal Out	Laser Light treatment Mary@laserlightenergy.com 07771664880	TBA	Xmas Meal To be arranged

Copies of the Newsletter are available on our website to download, emailed or pick up a hard copy at our meetings.

www.fmswaws.org

email: fibromyalgiawaws@gmail.com

Helpline: 08448 872394

Coffee Mornings once a month



Feb 19th - Mar 26th

Apr 23rd - May 28th

Jun 25th - July 23rd

Aug 27th - Sep 24th

Oct 29th - Nov 26th

We don't meet in December

12 Midday for approx. 2hrs at
 Lime's Café. St Paul's Church, Chapel Road,
 Worthing nearly opposite the main
 Worthing Post Office

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.

Changes

You will be informed of any changes throughout the year

Facebook

Worthing & West Sussex
 Fibromyalgia Support Group

Website Telephone

www.fmswaws.org
 Helpline 08448 872394

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 Co Leader

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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.