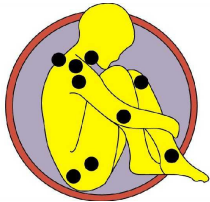


FIBRO NEWS



FEBRUARY 2009

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FMA UK: Contact details

Registered Charity No.1042582

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Website <http://www.fibromyalgia-associationuk.org>

Email fmuk@hotmail.com

Group Charges

Group membership is £10 per annum. Each member receives a monthly newsletter by post. When attending meetings a fee of £1.50 is made to cover refreshments, a raffle and hall hire. Books can be borrowed for a returnable deposit of £1.



Coffee Morning

A big **thank you** to Averil for organizing a coffee morning at her beautiful, recently built new house.



She gave us a very warm welcome and treated us with scrumptious home made cakes and refreshments.

North Somerset Fibromyalgia Support Group

Chair Mrs Betty Farron

Tel 0845 345 2304 **E Mail** swfibro@yahoo.co.uk

Newsletter Co-ordinator Mrs Shirley Lake

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Website www.nsomfibromyalgia.pwp.blueyonder.co.uk

Meetings are held the last Wednesday of each month

10.30 – 12.30 at the Folk Hall, Portishead

£1.50 per session

DIARY DATES 2009

Date	Topic	Speaker
February 25th	Avon Fire and Rescue	Aileen Saunders
March 25th	Craft session for Easter	All
April 29th	AGM followed by DIAL	Jill from WSM

January's Meeting

A good number of our members turned up to wish each other a "Happy New Year" and exchanged seasonal adventures and events. Julia, celebrating 25 years of marriage naturally took the day off. Carol Clague was in Cornwall and Richard and his family were unwell. Betty reminded us of the fire exits, toilets etc in keeping with health and safety regulations.

The letters that many of us sent to MEPs at the European Parliament were helpful towards the acceptance of the Declaration on fibromyalgia presented by ENFA. As a result of the success of the Declaration, an invitation has been received by ENFA for a meeting with the European Medicines Agency about treatment for fibromyalgia. We are encouraged to use the hall more effectively. It's booked from 10.00am until 13.00 so if we arrive earlier and get set up we would have longer together.

Leading on from this there was a suggestion for a multi-therapy day. However when someone mentioned a pamper day, this generated more enthusiasm. Members will attempt to find some willing practitioners to give us a taster session eg: how to apply make up, skincare, nails, reflexology etc. Each member could invite a guest, and to cover costs there might be a small charge. Proposed timing is for June.

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Norman then gave us a short resume on the current knowledge about fibromyalgia. There is strong evidence that fibromyalgia is a disorder of pain amplification, involving the brain and central nervous system. We produce three times more than normal substance P, a neurotransmitter which processes pain signals. There is also more nerve growth factor, causing extra sensitivity. The condition also involves the hypothalamus, pituitary, and adrenal axis which chemically primes our body balances.

A functional MRI scan will show more active pain areas in the brain in those with FM, than normal people, when both are subjected to the same stimulus. The normal pain control damping mechanism is also not working terribly well.

A second condition which frequently occurs with fibromyalgia is Myofascial pain, when the smooth surface of the muscle becomes taut and knotted at what we know as trigger points (not to be confused with the tender points of fibromyalgia). FM sufferers, because of the malfunctioning pain control mechanism, inevitably feel this acutely as is the case with accident or operative trauma. Some relief can be gained with gentle massage or stretching of the muscle, if necessary by using an analgesic spray or cream. Fatigue often follows treatment in the same way that fatigue follows FM pain.

Norman, thank you so much for refreshing and adding to our knowledge of the problems, us Fibromites experience. Knowledge is power so they say, and ignorance breeds fear, so we should have all gone home feeling that little bit stronger.

We then split into four groups and discussed coping techniques on each of four FM symptoms which Betty then recorded the results on the flip chart.

Pain	Rest and medication, massage, stretching or gentle exercise, warmth from a shower or cuddly blanket, relaxation tapes.
Fatigue	Pacing, prioritizing, delegating, and distractions such as hobbies.
Sleep	Oat cereal at bedtime, suitable medication taken at the correct time, a selection of pillows, supportive but gentle mattress, lightweight but warm covers and no caffeine drinks.
Cognitive	Make lists make notes on calendars and diaries, even on your hand, use a timer for various tasks, visit a friend, play scrabble, do crosswords, enjoy hobbies, do deep breathing and prepare a map before setting out on a journey by car. Don't forget deep breathing takes more oxygen to your brain which may be running on reduced fuel.

We all enjoyed the suggestions and ideas offered by each group, had lots of laughs and then had the raffle draw which was won by **Nuala**.

Don't forget to boost your knowledge and your power to achieve the best for yourself by using our **library**, rich in interesting, helpful books and the family magazine- group copies are available every month.

THE NEW BRISTOL GROUP

WILL MEET ON 3RD MARCH

AT 10AM - 12NOON

AT THE FOLK CENTRE, HIGH ST HANHAM.

Happy Birthday

to all of you,

who are celebrating this month



A note to say thank you for the people have opted to have their copy of our newsletter by Email and view or print at home. We have at present 9 people having this facility and it is actually saving us a massive **£29.16** in postage over the year. If there is anyone else that would like to have their copy this way, please let me know and I will arrange. **RICHARD**

Disclaimer The Group does not recommend/endorse any specific treatment or medication. It is the individual's responsibility to consult a medical professional.