

No VA CFS / FMS Support Group with CFSupport

December 2007 Newsletter

The NoVA CFS/FMS Support Group with Yahoo group CFSupport is an informal encouraging and educational discussion group with meetings, email outreach and a website . We welcome those with Chronic Fatigue Syndrome/ME, Fibromyalgia and related disorders such as IBS, MCS, & the Ortho-static Intolerances: NMH, POTS and MVPS / dysautonomia. We are peer lead by volunteers who respect and talk fluently about the symptoms and issues surrounding these conditions in depth. Please join us and share in our discussions, speaker events, and low volume e-mail list. See our website for:

- lists of practitioners, health care & legal
- books, videos, articles, links
- more organizations for CFS/FM and other
- clinical trial info, research information
- coping tips, treatment articles
- media coverage, conference information
- detailed newsletters, and more.

Chronic fatigue syndrome (CFS/CFIDS) has long-lasting, multiple effects including severe exhaustion, widespread muscle weakness and pain, disabling problems with memory and concentration, and persistent flu-like symptoms.

Fibromyalgia Syndrome (FMS/FM) is a complex, chronic state known for its widespread pain and fatigue, with a variety of other symptoms. The name derives from "fibro" meaning fibrous tissues (such as tendons and ligaments), "my" meaning muscles, and "algia" meaning pain. FM is pain in the soft tissues around joints, skin, and organs throughout the body.

Dysautonomia means dysfunction of the ANS (autonomic nervous system) and involuntary functions such as respiration, blood pressure, heart rate, and digestion. Symptoms include neck, back , and other muscular aches, tension or twitching; lightheadedness; irritable bowel; chest pain; panic; anxiety; fatigue; migraines; weakness; alcohol and heat intolerances; pallor or redness of extremities; numbness /tingling; depression/mood swings; loss of concentration; hypersensitive startle reflex; memory problems or foggy thinking; swelling of extremities, feelings of electrical current ; skin problems; sleep difficulties; allergies; feeling hot or cold-unrelated to external temperature; visual disturbances and more.

MEETINGS

Unless otherwise noted:

3rd Saturdays from 2 – 4+ PM
Mason Governmental Center
6507 Columbia Pike, Annandale VA 22003

Free. Close parking. No stairs. Same building as the Mason District Police Station, inside beltway, between Sleepy Hollow & Lincolnia Rds.
Facilitated by Elly Brosius.
Please refrain from wearing scented products.

2007 Schedule

Dec 2 – Ocean Pines Library, MD, noon
Dec 10 – Severna Park Library, MD, 5 pm
Dec 15 – Main Community Room

2008 Schedule

Jan 19 – Main Community Room
Jan 31 – What is FM? Talk (Arlington, VA)
Feb 16 – Main Community Room
Mar 16 – Main Community Room
Apr 19 – Large Conference Room
May 12 – Awareness & Lobby Activities
May 17 – Large Conference Room
Jun 21 – Large Conference Room
July 19 – Large Conference Room
Aug 16 – Large Conference Room
Sep 20 – Large Conference Room
Oct 18 – Large Conference Room
Nov 15 – Large Conference Room
Dec 20 – Main Community Room

Questions?

Call our Volunteers:

Elly Brosius

(703) 968-9818

Toni Marshall

(410) 647-7578

Our Website is Still Expanding!

The "geocities.com/cfsnova" continues its growth spurt! The photo and art galleries are expanding, and practitioner updates, more resources, references, articles and links are periodically added. Check the Events page for Newly Scheduled Speakers and the sitemap for an overview.

Northern Virginia CFS/FMS Support Group with CFSupport

Elly Brosius (703) 968-9818
Toni Marshall (410) 647-7578

Email: CFSupport-owner@yahoogroups.com
Website: www.geocities.com/cfsnova

To Sign Up:
<http://groups.yahoo.com/group/cfsupport> or
CFSupport-subscribe@yahoogroups.com

More Support From our "Other Groups" Page

Pain-Connection.org (301) 309-2444
Loudoun CFS/FM Group (703) 327-6478
FM Group meets in Silver Sp (301) 986-8746
FM Group meets in Burke (703) 913-0890

NoVA MVPS/Dysautonomia & OI Group
(OI = Orthostatic Intolerance) 2nd Tuesdays,
Noon, Centreville, VA.
(703) 968-9818. Website:
www.geocities.com/cfsnova/mvpsoi.html

National FMS & CFS Organizations

National Fibromyalgia Association
(714) 921-0150; fmaware.org

National Fibromyalgia Partnership
(866) 725-4404; fmpartnership.org

Fibromyalgia Coalition International
(913) 384-4673; fibrocoalition.org

FACES
fibrocop.org

International Association for CFS/ME
iacfs.net

The CFIDS Association of America
(704) 365-2343; cfids.org

**Elly's Gratitude Group (EGG)
for people with CFS/FM/OI**

A mind-body-spirit discussion group for those looking to practice using attitude and other mind/spirit influences to heal and share in the safety of others who "get" CFS / FM / OI / chronic illness. We use gratitude to uplift ourselves in times of great physical challenges, to add balance to the overwhelmingly difficult.

Nov 29, Thurs, 6 pm EST –
National Conference Call
Call (218) 936-6666; code: 33669933

See
www.geocities.com/cfsnova/egg.html
or call Elly or Toni.

DVD

Excellent Documentary Film! "Living with FM"
See livingwithfm.com or attend a free screening in our area.