

**No VA CFS / FMS Support Group
CFSupport
January 2008 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 Orthostatic Intolerances: NMH, POTS and MVPS / dysautonomia. We are peer led by volunteers who respect and talk fluently about the symptoms and issues surrounding these conditions. 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 blood pressure, respiration, 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

**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.
Please refrain from wearing scented products.

2008 Schedule

Feb 16 – Main Community Room
Speaker: James Binning, DC
“Therapeutic Methods for FM/CFS”

Mar 16 – Main Community Room
Apr 19 – Large Conference Room
May 12 – Awareness Day 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

Meetings are facilitated by:
Elly Brosius (703) 968-9818
Toni Marshall (410) 647-7578

DIRECTIONS

From 495, “The Capital Beltway:” in VA: Take Gallows Rd exit away from the hospital, turn left at a light to stay on Gallows Rd, turn left on Columbia Pike. The Mason Center is on the right. Look for “Fairfax Co Police” signs in median with arrows.

WEBSITE 101

The “geocities.com/cfsnova” continues to grow and be updated to be more easy to navigate, especially if you are having an off day. To see the “How to Use this Site” page, click on the picture. It tells about the drop down menu, the site map and searching. For article links for newly diagnosed, click on the Blue Ribbon symbol of awareness. Check the Events page for speaker updates for our and nearby groups.

NOVA CFS/ME & FM SUPPORT GROUP

Contact Information

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Email: CFSupport-owner@yahoogroups.com

Website: www.geocities.com/cfsnova

To Sign Up for NOVA's CFSupport e-mail:

<http://groups.yahoo.com/group/cfsupport> or

CFSupport-subscribe@yahoogroups.com

ELLY'S GRATITUDE GROUP (EGG)

Teleconferences for those 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.

Next national teleconference

Feb 28, Thursday, 1:30 pm EST –

For phone number and code, join CFSupport Email list or call Elly or Toni. Caller responsible for his or her own long distance charges. No other fees.

See www.geocities.com/cfsnova/egg.html

MORE WASHINGTON DC AREA SUPPORT

Pain-Connection.org (301) 309-2444

Loudoun CFS/FM Group (703) 327-6478

Bethesda FM Group (301) 986-8746

Woodbridge FM Group (703) 221-4972

Check our "Other Groups" web page for updates.

NOVA MVPS/DYSAUTONOMIA & OI GROUP

2nd Tues, Noon, Centreville, VA. (703) 968-9818.

www.geocities.com/cfsnova/mvpsoi.html

NATIONAL FMS & CFS ORGANIZATIONS

The CFIDS Association of America

(704) 365-2343; cfids.org

International Association for CFS/ME

iacfsme.org

Fibromyalgia Network (800) 853-2929

fmnetnews.com

National FM Association (714) 921-0150

fmaware.org

National FM Partnership (866) 725-4404

fmpartnership.org

FM Coalition International (913) 384-4673

fibrocoalition.org

ImmuneSupport.com (800) 366-6056

QUOTES ABOUT SUPPORT GROUPS

"An understanding approach by the physician and the patient's participation in a well-run support group may have considerable therapeutic benefit."

- David A. Nye, M.D.

"One thing he [Dr. Frank Scifo, family practitioner in private practice in Stratford, CT] recommends for most patients is attending a support group. Since it took a long time for some of these patients to receive validation from the medical community, being in a group of people who support them and acknowledge their illness can be immensely helpful, Scifo said."

"Too tired: CDC Gives Credence to Diagnosis of CFS" *Connecticut Post* - September 20, 2006

"Support groups help a lot with understanding the disease, coping with the disease, getting the best out of life, breaking down barriers and overcoming hurdles."

- Dr. Charlene Hafer-Macko, associate professor of Neurology and Medical Director of University of Maryland's Myasthenia Gravis Center.

A December 2005 study by Friedberg, Leung, and Quick, found that support groups are reported as helpful by people with chronic fatigue syndrome and fibromyalgia. About 2/3 said the top benefits were illness legitimization and finding helpful new information. More than 1/3 also said they gained help finding or dealing with doctors.

Browse NOVA's practitioner pages here:

www.geocities.com/cfsnova/practitioners.html

NOVA's COMMUNITY OUTREACH

Group facilitator and person with experience of CFS, POTS, and localized pain, Elly Brosius is touring the DC area and beyond to discuss the value of support and self-help, to describe in more detail the symptoms and sensations of, some helpful strategies for coping with CFS and FM, She co-lectures with herbalist / acupuncturist Jonathan Gilbert, who discusses new ways of understanding stress and its long term effects on the mind-body. Gilbert specializes in treating chronic conditions including CFS and FM. Dates:

Mar 1 – 1:30 pm, Hylton Education Center
Garden Level of Potomac Hospital, Woodbridge, VA.

Mar 3 – 6 pm, St John's UMC Hall, Buena Vista, VA.