

# NOVA CFS / ME, FMS, OI Support Group w/ Email CFSupport

The Northern Virginia (NOVA) CFS/ME, FM/ FMS and OI Support Group with CFSupport e-mail is an informal encouraging and educational discussion group with meetings, teleconferences and a website. We welcome those with Chronic Fatigue Syndrome / ME, FMS / Fibromyalgia and similar disorders -- IBS, MCS, & the Orthostatic Intolerances (OI): NMH, POTS and MVPS / dysautonomia. We are peer led. We endeavor to respect and talk fluently of issues and symptoms related to these conditions. Please join us and share in our discussions, speaker events, and low volume e-mail list. See 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 very similar to the ones for CFS and OI. The name derives from "fibro" meaning fibrous tissues (such as tendons and ligaments), "my" meaning muscles, and "algia" meaning pain.*

## ***Orthostatic Intolerance / Dysautonomia***

*involves 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 of Month, 2 – 4 pm

**Sully Governmental Center  
James McDonnell Room  
4900 Stonecroft Blvd, Chantilly VA 20151**

Events are free, donations accepted. Close parking. No stairs. Same building as Sully Police Station. So. of Dulles Airport, between Routes 50 and 66, just west of Route 28 off Westfields Blvd.

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*Alert: GPS and internet maps are incorrect!*

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## OUR DIRECTIONS

From Route 28, Exit West onto Westfields Blvd. Make first Right at first Light onto Stonecroft Blvd. Make *immediate* left into parking lot.

## 2010 SCHEDULE

Jan 16 - open discussion  
Feb 20 - open discussion  
Mar 20 - POTS Luck Social  
Apr 17 - open discussion  
May 15 - Joint Hypermobility Syndrome  
Jun 19 - Calming Creativity  
Jul 17 - open discussion  
Aug 21 - open discussion  
Sep 18 - Social Security Disability Income  
Oct 16 - TBA  
Nov 20 - TBA  
Dec 18 - TBA

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*Please refrain from wearing scented products.*

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## SUPPORT GROUP CONTACT Information

Elly Brosius (703) 968-9818  
Toni Marshall (410) 647-7578  
Email: CFSupport-owner@yahoo.com  
Website: www.cfsnova.com  
To sign up for NOVA's CFSupport e-mail, see <http://groups.yahoo.com/group/cfsupport>

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## CFSNOVA.com WEBSITE 101

Our cfsnova.com site 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 DC 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 and nearby groups.

## OUR 2 MONTHLY TELECONFERENCES:

### ELLY'S GRATITUDE GROUP (EGG)

with

#### EGGdish - The Yahoo Group for EGG

*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 what is overwhelmingly difficult.* For phone number and code and dates and times, join the CFSsupport or EGGdish Email list or call Elly or Toni. Callers are responsible for their own long distance charges. No other fees. See also [www.cfsnova.com/egg.html](http://www.cfsnova.com/egg.html)

### THE CALL for CALMING CREATIVITY

Discussion about the nervous system symptoms and artful activity for calming or balancing them. Second Tuesdays of the month, 12 - 2 pm. For number & code, call Elly at (703) 968-9818, email [mvps-d\\_oi\\_nova-owner@yahoo.com](mailto:mvps-d_oi_nova-owner@yahoo.com) or see [www.cfsnova.com/mvpsoi.html](http://www.cfsnova.com/mvpsoi.html)

### WHEN PUSHING STOPS WORKING

#### Recordings

CFSNOVA facilitator Elly Brosius offered recorded presentations on Awareness Day 2008 and also on Sept 5, 2009. Listen to either online at [WhenPushingStopsWorking.com](http://WhenPushingStopsWorking.com) or for the '08 one, by telephone using (641) 715-3413, and code 312812, or write us for the MP3 file and/or CDs.

### MORE WASHINGTON DC AREA SUPPORT

PainConnection.org (301) 231-0008  
Loudoun Daytime Group (703) 244-4941  
Bethesda FM/CFS Group (301) 718-9326  
Woodbridge FM Group (703) 590-6175

Check our "Other Groups" web page for more.

## NATIONAL ORGANIZATIONS

**CFIDS Assoc. of America** (704) 365-2343  
[cfids.org](http://cfids.org)  
**CFSKnowledgeCenter.com**  
**International Assoc. for CFS/ME**  
[iacfsme.net](http://iacfsme.net)  
**Fibromyalgia Network** (800) 853-2929  
[fmnetnews.com](http://fmnetnews.com)  
**National FM Association** (714) 921-0150  
[fmaware.org](http://fmaware.org)  
**National FM Partnership** (866) 725-4404  
[fmpartnership.org](http://fmpartnership.org)  
**FM Coalition International** (913) 384-4673  
[fibrocoalition.org](http://fibrocoalition.org)  
**ProHealth.com** (800) 366-6056  
**POTSPlace & Dinet.org**  
**DYNA Kids.org** (301) 705-6995  
**NDRF.org**

## 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.

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"Friends, you and me... you brought another friend... and then there were three... we started our **group**... our circle of friends... and like that circle... there is no beginning or end."  
-Eleanor Roosevelt

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