

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



The Northern Virginia (NOVA) CFS/ME, FM/FMS and OI Support Group with e-mail list CFSupport is an informal, encouraging, and educational discussion group with speaker and film events and a large 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 led by peers. 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:

- meeting updates
- lists of practitioners, health care & legal
- articles, links to resources and other groups
- coping tips, treatment experiences
- and more.

## ***Chronic fatigue syndrome (CFS / ME)***

*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.*

## **2021 no IN-PERSON meetings**

Email lists CFSupport and EGGdish remain active.

In late 2020, both moved to new hosts at [groups.io](https://groups.io). Please re-join, update your bookmarks.

Special events may be scheduled. Events from other groups may be listed through our emails lists.

## **April 2021**

ME/CFS & Long COVID Virtual Advocacy Week 2021 - April 13 to April 21.  
<https://solvecfs.org/advoweeek21/>

## **CONTACT US**

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**CFSupport Email Sign Up:** [groups.io/g/CFSsupport/](https://groups.io/g/CFSsupport/)

**EGGdish Email Sign Up:** [groups.io/g/EGGdish/](https://groups.io/g/EGGdish/)

*Please refrain from wearing scented products to any in-person meetings. Bring comforts, meds, cushions, etc. For online or phone encounters, please make sure background noise is minimized. Thank you.*