

**No VA CFS / FMS Support Group  
with CFSupport  
April 2007 Newsletter**

Meetings: - 3rd Saturdays - 2-4 PM - Mason Governmental Center-Large Conference Rm-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. Meetings facilitated by Elly Brosius.  
*Please refrain from wearing scented products.*

The NoVA CFS/FMS Support Group with CFSupport is an informal educational discussion group with meetings, a Yahoo group for email outreach and a website with many resources. We welcome people with Chronic Fatigue Syndrome, Fibromyalgia and related disorders such as IBS, MCS, & the Orthostatic Intolerances: NMH, POTS and MVPS / dysautonomia. We are volunteer and peer lead by volunteers who respect and talk fluently about the symptoms and issues surrounding 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.

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**Headlines, Media Alert!**

**May 1 -2:** Lou Adler's Medical Journal, a nationally syndicated radio show will have 2 CFS segments with Alan Pocinki, MD, a D.C.-based internist. The show is broadcast from WOR (710-AM) in NYC. Check your local AM listings or hear it at <http://www.wor710.com>

**May 21-Jun 2:** "The Faces of CFS" Traveling Photo Exhibit will be at the West Hall of Union Station in Washington, DC.

**2007 Schedule**

**Jan 20 - Chuck Fuller: Long Term Disability**  
**Feb 17 - discussion**

**Mar 17 – Jonathan Gilbert & A. Bains**

**Reuniting Body & Mind in CFS, FM, & M.E.**

**April 5 – at Pain Connection® in Bethesda, MD**

**Friedberg- Lifestyle 4 Less Pain & More Energy**

**April 21 – Internist Alan Pocinki, MD**

**May 12: CFS & FM Awareness Day**

Free Screenings of Living with FM:

The Gilbert Clinic: 11300 Rockville Pk #1205

N. Bethesda: 10:30a, 12:30, 2:30, 4:30, 6:30p

(301) 230-2530. Limited seating. Directions:

<http://www.geocities.com/cfsnova/directionsTGC.html>

&

Hylton Education Center, 1-3 pm

Garden Level of Potomac Hospital

2300 Opitz Boulevard, Woodbridge, VA

(703) 221-2500

Register online, see other dates, locations at [livingwithfm.bravenewtheaters.com](http://livingwithfm.bravenewtheaters.com)

**May 19 - discussion**

**June 16 – Friends & Family Meeting**

July 21

August 18

September 15 – Attorney Mitch Lambros:

**Applying for Social Security Disability**

October 20

November 17

December 15 – (Main Community Room)

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**More Related Events**

**April 23 – Pain Connection, Silver Spring**

Molly Carr, RN, herbalist

**May 14-15: CFIDS Lobby Days, Wash, DC**

**May 16-17: CFSAC Meeting, Wash, DC**

**May 21-Jun 2: CFS Exhibit at Union Station**

**June 14 – Riding Grace Coast to Coast**

Conference Call with Alissa Lukara & Elly Brosius

**July 6 – DYNA Summer Chill Goofy Slipper**

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Questions?

Elly Brosius

**Toni Marshall**

Call our Volunteers:

(703) 968-9818

**(410) 647-7578**

## Website Still Expanding

Our "geocities.com/cfsnova" continues is a growth spurt! New sections include speaker pages for Drs. Friedberg and Pocinki, an expanded art gallery, practitioner updates; more resources, references and links; more Recovery Stories; and more EGG summaries and inspiration.

## National FMS & CFS Organizations

**National Fibromyalgia Association**  
(714) 921-0150; [fmaware.org](http://fmaware.org)

**National Fibromyalgia Partnership**  
(866) 725-4404; [fmpartnership.org](http://fmpartnership.org)

**CFIDS Association of America**  
(704) 365-2343; [cfids.org](http://cfids.org)

## Next EGG Meetings: Elly's Gratitude Group for people with CFS/FM/OI

April 29, Sun, 4:30 pm EDT – Conference Call  
Call (218) 936-6666; press 2, code: 33669933

May 29, Tues, 8:30 pm EDT – Conference Call  
Call (218) 936-6666; press 2, code: 33669933

June TBD - in person at The Gilbert Clinic

See [geocities.com/cfsnova/egg.html](http://geocities.com/cfsnova/egg.html) or call Elly, (703) 968-9818. EGG is a group for those looking to practice using attitude and other mind/spirit influences to heal in the safety of others who "get" CFS/FM/chronic illness.

New Documentary Film! "Living with FM"  
Buy the \$19.95 DVD from [livingwithfm.com](http://livingwithfm.com) and Trillusion or attend our free screenings in partnership with them and NFA on May 12!

### Northern Virginia CFS/FMS Support Group & CFSupport

14404 Brookmere Drive  
Centreville, VA 20120-4107  
Elly Brosius (703) 968-9818  
Toni Marshall (410) 647-7578

Email: [CFSsupport-owner@yahoogroups.com](mailto:CFSsupport-owner@yahoogroups.com)  
Website: [www.geocities.com/cfsnova](http://www.geocities.com/cfsnova)  
Email Sign Up:  
[groups.yahoo.com/group/cfsupport](http://groups.yahoo.com/group/cfsupport) &  
[CFSsupport-subscribe@yahoogroups.com](mailto:CFSsupport-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) 2<sup>nd</sup> Tuesdays,  
Noon, Centreville, VA.  
(703) 968-9818. Website:  
[www.geocities.com/cfsnova/mvpsoi.html](http://www.geocities.com/cfsnova/mvpsoi.html)

*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.*