

August 2008 Newsletter
NOVA CFS / ME, FMS, OI Support Group
with CFSupport

The Northern Virginia (NOVA) CFS/FMS Support Group with Yahoo CFSupport is an informal encouraging and educational discussion group with meetings, email outreach 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 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 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.

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.

** Special 2008 Event // Day // Location **

“When Pushing Stops Working”

Sunday, October 26, 1 - 3 PM
Fairfax Government Center Board Auditorium
12000 Government Center Parkway
Fairfax, VA 22035

Registration requested, but not required.
Call (703) 968-9818 or email
cfsupport-owner@yahoogroups.com
Free Seminar. Free Parking.

The event w/ Dr. Cheney is postponed until Spring.

Please refrain from wearing scented products.

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 (495),
between Sleepy Hollow & Lincolnia Rds.

Remaining 2008 Schedule

- Sat. August 16 – Large Conference Room
Discussion Meeting
- Sat. September 20 – Large Conference Room
Attorney Mitch Lambros
“Applying for Social Security Disability”
- Sat. October 18 – Large Conference Room
Discussion Meeting
- Saturday November 15 – Large Conference Room
- Saturday December 20 – Main Community Room
Pot Luck Social

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

NOVA CFS/ME & FM SUPPORT GROUP

Contact information

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To sign up for NOVA's CFSupport e-mail:
<http://groups.yahoo.com/group/cfsupport> or
CFSupport-subscribe@yahoogroups.com

NOVA 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.

ELLY'S GRATITUDE GROUP (EGG)

Teleconferences

for those with CFS/FM/OI 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 try 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 CFSupport or EGGdish Email list or call group contacts Elly or Toni. Callers are responsible for their own long distance charges. No other fees. See also www.geocities.com/cfsnova/egg.html

NOVA MVPS/Dysautonomia & OI GROUP

2nd Tues, Noon-2pm. Starting Sept. 9, 2008 meets by teleconference!! For info, call (703) 968-9818, email mvps-d_oi_nova@yahoogroups.com or see www.geocities.com/cfsnova/mvpsoi.html

MORE WASHINGTON DC AREA SUPPORT

Pain-Connection.org (301) 309-2444
Loudoun CFS/FM Group (703) 327-6478
Bethesda FM Group call us for info
Woodbridge FM Group (703) 221-4972
Check our "Other Groups" web page for updates.

Awareness Day 2008 Seminar Recording Available

Group facilitator Elly Brosius has been touring the DC area and beyond to discuss the value of support and self-help, to describe the symptoms and sensations of syndromes and some helpful strategies for coping with them. For Awareness Day, she co-lectured with chronic neurological illness expert herbalist /acupuncturist Jonathan Gilbert, who discusses fresh ways of understanding stress and its long term effects on the mind-body.

Listen:

Online: WhenPushingStopsWorking.com/Audio.html

Call in: (641) 715-3413, code 312812.

NATIONAL FMS & CFS ORGANIZATIONS

CFIDS Assoc. 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.