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PRESIDENT'S PRATTLE

The team at Fibro & Us have had another busy month.

August saw us getting ready for our Annual Unmask Fibromyalgia Masquerade Ball. Our numbers were down compared to last year which we put down to the cold wet winter we've had. This caused us to have a bit of a rethink about when to hold it next year. We usually do it in August as that is when we officially became a support group but next year we will be holding it in October. For next year we will also be offering a payment plan so more people can afford to attend. The payment plan can include the price of the tickets and accommodation or for those travelling from over east if you want to save for your flights this can be included. To discuss this in more detail please email accounts@fibro-us.org. Tickets are already available to be purchased on our website at www.fibro-us.org/bookings

Thank you once again to the Hotel Clipper for being our major sponsor for the ball and to the lovely Natalie, who always looks after us at our events. If you're ever in the Clipper say Hello to her. Brandon, who's our DJ, and his lovely partner Samantha, from DJ Blunty, once again did an amazing job of keeping the music up beat and someone on the dancefloor the majority of the night. Also, a huge thank you to Joe Chau, for being our photographer on the night. Photos have started to come in and are being uploaded onto the website, so pop on over and have a look.

During August we attended the Beverly show. Although the sun was shining the wind was a bit chilly, we still had a great day. We spoke with numerous people about what Fibromyalgia is as well as letting others know that there are support groups available for both sufferers and supporters.

September will see us visiting the York, Northam and Corrigin Shows. If you're in the areas drop in and say hi to the team. I'm sure they would love to meet you.

We are getting closer to having our opshop. We've found a location in Port Kennedy and will be applying for a grant to get us operational. We have also put in a proposal to have an office, where our members will be able to drop in for a coffee and chat

As our aim is to make Fibromyalgia visible we have been talking to a number of different people to help advertise. All going well, we will hopefully, have our name at 2 different train stations to raise the awareness as well as some of the doctor's surgeries in the area. We are also in discussion with someone who wants to do a documentary on Fibro. He is currently trying to raise the funds. Please help him by going to and make a donation.

We have a number of events coming up over the next few months. Starting with our "Bogan Quiz Night" on the 20th October 2018. Tables can seat up to 8. Tickets will be \$15 pp. Unfortunately there will be no BYO on the night but you can order pizza etc on the night. Tickets are available on our website www.fibro-us.org/bookings. There will be no ticket sales on the night.

I think that's it from me this month. Hopefully we will see you at an event or two

Michelle
Founder/President

Yes, MEN can have FIBROMYALGIA too!

"I am a Man – an outdoorsman but with Fibromyalgia: I love bike riding, camping, archery and building my own home. Fibromyalgia has now changed my life, and who I am, as I am no longer able to do those things I used to do to relieve stress. I have had to learn how to adapt." Society has certain expectations of men and particular ideas about what it is to be masculine. Men are usually thought of as hard working, tough and oblivious to pain, and as the primary bread winner. Having Fibromyalgia can make you feel as though you have failed as a husband, father and provider. You can have a hard time from your work colleagues because they can't see what is wrong with you, which can lead to more stress and pain. It can get so difficult that you have to stop working. Then how do you provide for yourself and your family? What kind of work can you do? Can you work at all?

The diagnosis of Fibromyalgia in men tends to be different to women. Men are often reluctant to admit to severe pain or discomfort and as a result may report milder symptoms than they actually have. This can make it hard to get a diagnosis. When you are told that your problems are all in your head, or you are just being lazy, can be a huge blow to your ego and pride. To be told by a doctor that what you are going through is mostly a woman's condition, and have your symptoms dismissed based on gender can be very frustrating and demeaning. Many men don't receive helpful treatment because of society and gender roles. They can be forced to deal with their pain quietly and can often be seen as not very manly. Men will shy away from saying anything about their problems. Try to imagine what it would be like for young single men too, trying to tell their mates that they have to go home early from a night out when before they could stay out all night. Or Saturday footie when you say that you don't feel so great today so you will give it a miss. What would their friends think, say or even do to a young man saying such things? BE A MAN or don't be a girl or something like that. Most women would understand better than men but what do you do if your wife, girlfriend or partner doesn't? Getting support from support groups can help. Women have run the majority of them, but men do attend. You can share experiences with women, and the growing number of men diagnosed with Fibromyalgia. You can learn from them but you can also teach them. There are also online groups now set up by men for men. Trying to deal with it by yourself can be very difficult. Don't be afraid to seek help where ever possible. There are people out there who do understand.

What Are SNRIs?

SNRIs are Serotonin, Norepinephrine Reuptake Inhibitors. SNRIs are a type of anti-depressant drug used in the treatment of depression and other mood disorders. They are also used to treat anxiety, OCD, ADHD, chronic neuropathic pain, Fibromyalgia and menopausal symptoms. Medications that are classed as SNRIs and are commonly prescribed for the treatment of Fibromyalgia include: Cymbalta, Savella (Milnacipran), Effexor, Pristiq, Zoloft, and Paxil. People with Fibromyalgia have an imbalance between the amounts of dopamine, serotonin and norepinephrine (NE) in their systems. SNRIs are used to try to restore this balance. All of these effects illustrate how important it is to maintain balanced levels of all of these chemicals in the body. It is not known why people with Fibromyalgia have low levels of NE or why they have the imbalance between dopamine and NE. Serotonin is found mainly in the gastrointestinal (GI) tract, platelets (in the blood) and in the central nervous system. It is thought to be a contributor to feelings of well-being and happiness. About 90% of serotonin is located in the gut, where it regulates intestinal movements. The rest is in the central nervous system. Levels of serotonin affect mood, appetite, sleep, memory and learning ability. Serotonin also plays a major role in blood clotting and wound healing. Norepinephrine (NE) is a neurotransmitter and a hormone. It is also called noradrenaline and is similar to adrenaline in that it causes your heart rate and blood pressure to rise dramatically in the 'fight or flight' response. It is believed that NE is linked to levels of anxiety and depression, and that it helps determine the body's basic levels of stimulation and arousal. Feelings of joy and euphoria are caused by high levels of NE. It has been found that people with Fibromyalgia have low levels of NE. Neurotransmitters (NTs) are chemicals that transmit signals from neurons (nerve cells that transmit signals using electricity and chemicals) to other cells. Major NTs include amino acids, glutamate, dopamine, norepinephrine, epinephrine, histamine and serotonin. Reuptake is the reabsorption of a neurotransmitter by a neuron after it has performed its function of transmitting its impulse between the neuron and other cells. Like 'recycling'. A reuptake inhibitor slows down or reduces this reabsorption. Wikipedia has a very detailed article on SNRIs and links to many more pages and articles.



Facebook Group

www.facebook.com/groups/fibro.events

Facebook Events Page

www.facebook.com/fibro.us.events

Unmask Fibromyalgia Masquerade Ball

www.facebook.com/unmaskfibromyalgia

F.U.S.S. Support Group (Supporters Group)

www.facebook.com/groups/Fibro.Us.SUPPORTERS.Group

Twitter

www.twitter.com/FibroandUs

Instagram

www.instagram.com/fibroandus

LinkedIn

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Are you in any of these areas: Pinjarra, Waroona, Ballajura, Marangaroo, Girrawheen, Bassendean, Morley, Guildford, Bayswater, Rossmoyne, Bullcreek, Winthrop, Innaloo, Wattle Grove or Kalamunda? Then we need you!! We have a number of members in these areas and would like to start a Meet, Greet & Support in the areas. If you're interested please contact [Le-Mar](#)

Meet, Greet & Supports

Baldivis – Dome Café – 5th September at 10.30

Kwinana – Dome Cafe – 21st September at 11.00

Armadale – Dome Café – 21st September at 10.30

Joondalup – The Coffee Club – 21st September at 10.00

Mt Barker – Happy's Country Dinner – 1st September at 10.30

Northam – Salvation Army Hall – 10th September at 11.00

Secret Harbour – Dome Café – 29th September at 10.30

Bunbury - Natural Temptations – Postponed

Maddington — Real Life Church – 14th September at 9.30

Ellenbrook - The Coffee Club – 17th September at 11.00

Albany – The View – 28th September at 10.00

Kalgoorlie – TBA

Dowerin – TBA

Mukinbuddin - TBA

Merriden - TBA

Kellerberin - TBA

UPCOMING EVENTS

Unmask Fibromyalgia Masquerade Ball 2019

12th October 2019

Hats & Horses Melbourne Cup Brunch

6th November 2018

Bogan Quiz Night

20th October 2018

Kids Christmas Party

15th December 2018

All events can be found on our website at
www.fibro-us.org/bookings

On Facebook....

You know that you have Fibromyalgia when...

- you can't remember what day it is.
- You get to the shops and realize you're wearing two different shoes. I was trying them on to see which ones looked better with what I was wearing and was distracted lol xxx.
- your world turns upside down.
- You get up take your meds & go back to bed as you only got up because your in too much pain!!!!!!.
- you turn left and wonder why all the pedestrians are yelling at you, only to realise it was the 'green man', not the green arrow that had come on.
- You wake up feeling completely exhausted.
- You stand up and nothing wants to move.
- You lose your friends because you're not fun anymore xxx.
- You can't remember why you came into this room.
- What was the question -,- lol.
- You wake up and look for the truck that hit you , then get up and take a handful of tablets to try and feel normal again :-).
- you can't find your car in the car park, then remember you caught the train
- You plan your shopping trip with three optional days, hoping that one of them sees you well enough to go.
- it takes too much energy to open your mouth and speak and even if you did your jaw is too stiff and aching to open.
- You buy pyjamas that are 10 sizes too big just so you can be warm and comfortable in bed

FIBRO FRIENDLY DOCTORS

We all know how difficult it is to find an understanding and knowledgeable doctor.

Fibro & Us are creating a database of fibro friendly doctors but we need your help.

If you have any recommendations for any health professional that has been particularly helpful and understanding, you might want to share him/her with other FM sufferers. Please [send us](#) your recommendations



The 'Nocebo' Effect

You have probably heard of the placebo effect. It's when you get a benefit from a treatment or medication that is thought to be medically ineffectual. Now there is the 'nocebo' effect. That is when someone expects a negative reaction to a medication, which then triggers an actual negative reaction. This phenomenon has been assessed in placebo controlled studies. Fibromyalgia patients are often sceptical about the benefits that they will receive from new medications and treatments, and it is now thought that the results of clinical trials are actually being skewed by this effect



Practical Advice

A NOT TO DO LIST

When you talk to your family and friends about day-to-day things you will find that most of them have a list. They may have a list for shopping, of where to shop, of who to call on certain days, appointments for the day or week they could have all sorts of lists of what to do. Well I was reading something the other day about people with a Chronic condition can't do as much as able bodied people (as we already know) so they suggested a not to do list. Which I thought was a very good idea. Here are some suggestions of what to put on your list.

DO NOT...

- Stay in one position for long periods of time.
- Travel extensively without a break.
- Do something that is repetitive in movement.
- Over exercise.
- Hibernate from family and friends.
- Go without food or eat junk foods.
- Wear high-heeled shoes.
- Wear uncomfortable clothes even if they look good.
- Redo chores that loved ones have already done for you.
- Put the needs of others before yourself.
- Think negatively and call yourselves names because you can't do something.
- Wait until the last minute to get ready for something.
- And the last one for now is Do not say YES to everything.

Think about your NOT TO DO LIST, sit down somewhere quiet and write down everything and put it on to your fridge where others can see it and hopefully they will take note.



THE WORST THINGS TO EAT BEFORE BED

FATTY FOOD

Fat stimulates the production of acid in the stomach, which can spill up into your oesophagus, causing heartburn. Fatty foods can also loosen the lower oesophageal sphincter, the barrier between the stomach and the oesophagus, making it even easier for acid to get in all the wrong places.

WINE

Alcohol metabolizes quickly in your system and causes you to wake up multiple times during the night. Studies have found that one alcoholic drink can reduce sleep by up to half an hour. If you don't refrain from alcohol for our own benefit, do it for your mate. Alcohol makes snoring worse so it will impact you and your potential bed partner.

COFFEE

Coffee contains caffeine, which is a central nervous stimulant. Of course, people differ in their sensitivity to caffeine and that's usually based on how much caffeine you're accustomed to consuming, says Timothy Roehrs, Ph.D., a senior scientist with Henry Ford Sleep Disorder and Research Centre in Detroit. If you don't know your tolerance, skip coffee, especially late in the day.

DARK CHOCOLATE

Chocolate contains not only calories, but caffeine, especially dark chocolate. A single milk chocolate bar can contain about 12 milligrams of caffeine, or the same amount as three cups of decaffeinated coffee. A dark chocolate bar can have 20 milligrams of caffeine, which is about the same as half an ounce of espresso. Chocolate also contains theobromine, another stimulant that can increase heart rate and sleeplessness.

SPICY FOOD

Heavy spices, like those in Indian food can keep you awake at night. One study conducted in Australia found that young men who poured Tabasco sauce and mustard on their dinner had more trouble falling asleep and experienced less deep sleep than men who ate blander suppers. Spices can also cause heartburn. So definitely don't do spicy and high-fat in the same late-day meal. It's a potential sleep-wrecking recipe.

PROTEIN

Chicken, or any other type of protein is going to be counterproductive if consumed at night. Instead of focusing on sleeping your body is focusing on digesting. Adding a carbohydrate to the protein can tip the balance back towards sleep. If you have Fibromyalgia, you probably need to be watching your carbohydrate intake though.

How FM affects dentistry (Part 2)

Professional Cleans at the Dentist

People with FM may have varying pain throughout the day. If there is a time of day where the pain is not as bad, then it is a good idea to book appointments in for these times if possible to make the visit more comfortable for you. Speak with the receptionist and explain your situation when you make your booking

Creating a stress free environment is best to have a good experience during the appointment. Speak with the hygienist or dentists about pain management options, as nitrous gas can be used to help with relaxation and pain.

Patients with FM can experience a heightened pain sensitivity and fatigue. Therefore, it may be best to look at the options of using a topical anesthetic gel or local anesthetic to reduce pain and sensitivity.

After being at the Dentist

sometimes jaw pain can persist after dental appointments. If this is the case, use warm compresses in the jaw area, take pain relief such as Panadol or Tramadol. Also having a soft food diet for a few days after will enable the jaw to be rested.

Visit the dentist regularly to keep an eye on everything. This is so your dentist can monitor everything closely and treat things before they get worse.

Sometimes it is hard to distinguish between pain from a tooth and pain from FM, therefore going to the dentist regularly can help the dentist work out which is the cause of pain.

Oral hygiene at home

FM can cause people to have limited dexterity in their hands and wrists due to pain and stiffness in the joints. This makes it harder to brush and floss properly at home.

There are things out there that can help people in these situations such as using an electric toothbrush, as this does most of the work needed to clean the teeth.

Also using flossing aids, interdental brushes and toothbrushes with thicker handles can make it easier to hold and easier to brush and floss

Always use a soft toothbrush to help with any gum soreness and be gentle when brushing.

Make sure you brush twice a day and floss daily to help keep your gums and teeth healthy.

Overall

FM can affect many things when it comes to dentistry

Patients suffering from this are able to have a comfortable and stress free experience at the dentist through the use of aids such as a bite block and anesthetic

Having FM should not stop you from visiting the dentists. There are things that can be done to help you achieve a positive, pain-free, relaxing experience

Head to your dentist if you have any questions or issues about your dental health no matter how big or small they are. It is always worth getting checked out to prevent further problems

Eza is preparing to tackle the Overland Track in Tasmania to raise awareness for Fibromyalgia. Please support her.

Well there's only 8 weeks until we commence our 5 night, 6 day, 65km journey on the Overland Track in Tasmania's Winter.

I hadn't done any hiking for 6 weeks so last weekend got out there and headed to Wellington Falls which is a 5hr 16.5km return hike on Mount Wellington down in south east Tasmania.

It's one of my favourite spots in Tassie and is absolutely heavenly.

This time we managed to climb down to get to the base of the Falls.

My body coped really well but about half an hour before finishing the pain in my back, hip and knee started to kick in and it made me realise how important regular exercise and maintaining strength is to ensure it keeps my flare ups at bay when exercising.

Saturday night I went to bed with a hot water bottle on my hip and I had to take an instant release paxia to reduce the pain so that I could get some sleep. I try to avoid taking painkillers whenever possible.

The next morning I was still a bit sore but I luckily recovered again with 48hrs and the pain minimised back to a steady level.

I had previously gotten to a point I could walk 5hrs without creating a flare, I did this with the help of my pain specialist and physio who introduced me to pacing.

A method where you start small and every day build it that little bit more; for example I would start with a light 30 minute walk and then the following day do 35 mins and so forth, building gradually. If I hit a point where I had a flare I would reduce it back a step until my body could cope with the next level.

So, with 8 weeks to go I will be out hiking every weekend to ensure that I am at my peak fitness to be able to complete my Overland Track journey.

https://www.gofundme.com/2u5kft-conquering-the-overland-track?pc=ot_co_dashboard_a&rcid=0a965d2331a34077a647670c83b4b551

UPCOMING EVENTS



Bogan Quiz Night

20 Oct., 6:00 pm – 11:00 pm

Hotel Clipper, 20-30 Patterson Rd, Rockingham

Oi You!

You're in for a real treat so round up ya mates then dress in ya finest flannies, ugg boots & denim mini's

There will be a Fun Night of Aussie trivia, air guitar comp, prize for best mullet, king and queen bogan award plus much more. Come and enjoy a hilarious night of fun and games at the Bogan Quiz Night with many prizes to be won \$15 pp Tables of 8 [BOOK NOW!](#)

Hats & Horses Melbourne Cup Brunch

06 Nov., 10:30 am – 2:00 pm

Fibro & Us Head Office, 8 Picardie Pl, Port Kennedy

BREAK OUT THE HATS, DRESS TO IMPRESS AND JOIN US AS OUR GUEST FOR BRUNCH AND CHAMPAGNE

Dress up and come and join us for sweep stakes, champagne, nibbles and more!

Prizes for best dressed and best hat.

\$20 pp Limited tickets available [BOOK NOW!](#)



Christmas Party

15 Dec., 12:30 pm – 3:30 pm

Kwinana Adventure Park, Walgreen Cres, Calista

We're having a Christmas Party. We hope you can come. You can bet your antlers it will be second to none.

Santa will be coming with his big red hat. Bring a present to put in his sack.

Kids can bring their bathers to play in the water park

Hamburgers & Sausage Sizzle available [BOOK NOW!](#)



Unmask Fibromyalgia Masquerade Gala 2019

12 Oct. 2019, 6:00 pm – 11:59 pm

Hotel Clipper, 20-30 Patterson Rd, Rockingham

Black tie charity event

\$90 / 3 course meal / Tables of 8

Payment arrangement available - contact info@fibro-us.org [BOOK NOW!](#)

CONFIDENCE & FIBROMYALGIA

When we have a chronic condition our confidence can take a bit of a knock. When this happens to us it makes it difficult to help ourselves get it back and sometimes we just want to give up trying. It just gets too easy to keep on saying NO or I can't possibly do that, what we should be saying is I will give it a go.

Over time our confidence can get lower and lower if we let it, so we have to stop before it gets too bad. It is normal to feel uncertain at times; but sometimes I think we have to challenge it by saying Yes I will try! You will feel so much better for it.

Here are a few tips.

- ⇒ Try to think: Whatever happens, it will be ok, I will find a way to manage it.
- ⇒ Always sit and stand upright. Having good posture will always help you feel better. It will show others that you are feeling confident even if you don't really feel that way. Smiling helps too.
- ⇒ Think of something new to do, a project or an interest that you have thought of before but never got around to. Trying is an achievement.
- ⇒ Set yourself easy and simple goals that you can achieve often. Like clean only one room a day instead of trying to do the whole house.
- ⇒ Take control of small issues as they arise instead of letting them linger. It is easier that way. It could be a practical or an emotional one.
- ⇒ Helping someone else can make you feel good about yourself too, even if you have nothing to give apart from a shoulder to lean on.

Think about things that you can put onto your list and put it somewhere you can see it most days, that way you can look at it especially on your down days.



Practical advice from sufferers.

Some of the people who responded to the medications survey told us of things that help them reduce their Fibromyalgia symptoms and improve their quality of life.

They included:

- ☑ Stress management
- ☑ Reducing the number of hours worked
- ☑ Using heat packs on painful areas
- ☑ Get plenty of rest
- ☑ Hydrotherapy or time in a heated spa or bath
- ☑ Sitting in the sunshine and relaxing
- ☑ Finding out which foods trigger symptoms and avoiding them
- ☑ Meditation and Mindfulness
- ☑ Chiropractic, Physio and acupuncture therapies
- ☑ Regular exercise
- ☑ Make sure that you have a comfortable bed
- ☑ Not doing too much
- ☑ Stretching every morning



The Art of Pacing

One of the main symptoms of Fibromyalgia is fatigue and you have probably had times when you have overdone it and ended up paying the price. A key element to managing your Fibromyalgia symptoms is PACING. Our busy lives, the expectations of those around us, and the expectations that we have on ourselves can make it a challenge, but if you put in the effort to learn Pacing you will reap the rewards.

Every activity, whether physical or mental, adds to our overall fatigue level. With Fibromyalgia, activities fatigue us much more than they used to. Our recovery time is also much longer. If you prioritise your day, pay attention to how you feel when doing tasks, make sure that you have regular scheduled rest breaks, and work out sensible routines for doing what you have to do, you will find that you can get a lot more done without having as much 'down-time'.

You need to get to know how different things affect you. Get to know how much physical activity or mental exertion you can handle in a day. Find out which activities affect you the most, and what time of day you are at your best. Get to know the early warning signs for when you are near your limit.

Keeping a journal is a great way to keep track of what you do and how it affects you. A journal can help if you have fibro-fog issues as well.

No matter how well you feel, make sure that you still have your scheduled breaks. A rest break should be when you stop ALL activity.

Remember that mental activities still add to your fatigue levels. Don't do repetitive tasks for too long. They usually lead to much higher levels of fatigue and pain. Swap to something else for a while and come back to it. Another good trick is to alternate between physical and mental tasks. Again, make sure that you have your rest breaks.

Prioritising is crucial to Pacing. Keep a list of the things that absolutely have to get done and do them first. If your list is too long, break it down further and see what you can put off or delegate. Most people are understanding if you ask them to do things at another time, or ask for help. Your rest periods should be high up in your priorities lists.

You may have to learn to say NO! If you know that you can only manage four days with extra activities in your week, tell people that you are not available on the other days. Write it in your diary that you are having a rest day.

Try not to feel guilty about not getting things done. Seriously... you can only do what you can do. Learn the signs of overdoing it early on and stop for a rest when they appear. If you are having a 'great' day, don't do more than normal. Keep pacing and just enjoy finding it a bit easier.

Pacing is crucial to managing your Fibromyalgia, so if you put the effort in, pay attention to your body, and learn how much you can do it will make a big difference to your quality of life.



Participants need for online research

Seeking research participants for chronic pain study (online survey - 10 to 15 minutes)

[CHARLOTTE JONES-SATURDAY, 25 AUGUST 2018](#)

Chronic pain is a significant global health concern that impacts 12-25% of the population, resulting in an estimated annual cost of \$34.4 billion in medical costs and economic loss in Australia (Australian Bureau of Statistics, 2012).

Researchers from the School of Psychology and Behavioural Science at the University of New England are investigating the relationships between pain experience, pain catastrophization, mindfulness, and physical and psychological outcomes.

We are looking for people who are currently experiencing chronic pain to complete an online survey that will take no longer than 15 minutes. If you're between the ages of 18 and 100, and are currently experiencing chronic pain, we would appreciate your participation. For the purposes of this study, chronic pain is defined as experiencing pain on most days for three months or more.

To find out more, and to take part in this research, please click on the following link: <http://bit.ly/UNEchronicpain>

If you have any questions, you can contact me at cjones80@myune.edu.au, or my supervisor, Dr John Scott-Hamilton at jscott2@une.edu.au

Please forward this post on to anyone else you think might be interested.

Thanking you in advance for your consideration.

[Charlotte Jones](#)

cjones80@myune.edu.au

This project has been approved by the UNE Human Research Ethics Committee (Approval No. HE18-224 valid to 24/08/2019)

workshops

They're fun and exciting and a great chance to socialise

Jewellery Workshop - \$10pp -

Do you have a craft that you enjoy doing and would like to run a workshop? Please [email us](#) and tell us more

Dangers of Untreated Sleep Apnoea

WARNING!

Sleep Apnoea affects people of all ages and sizes, and untreated it can cause serious medical conditions.

Regular snoring and pauses in breathing during sleep need investigating.

There are many signs and symptoms of Sleep Apnoea. Below are just a few:-

Signs + Symptoms

- Daytime Sleepiness
- Snoring
- Brain Fog + Memory Problems
- Sudden Awakenings from Sleep
- Poor Work or School Performance
- Depression, Anxiety + Irritability
- Morning Headaches
- Dry Mouth and/or Sore Throat on waking
- Decreased Sex Drive + Impotence

Some of the consequences untreated Sleep Apnoea can cause or exacerbate:-

Dangers if Untreated!

- Heart Attacks, Strokes + High Blood Pressure
- Type 2 Diabetes, Hypothyroidism + Fibromyalgia
- Driving Accidents
- Anxiety and Depression
- ADHD
- Brain Fog + Memory Problems
- Worsening of Asthma + COPD
- Heartburn and Gastrointestinal Reflux
- Dementia (particularly Alzheimers)
- Weight Gain

Please don't ignore signs and symptoms. Take action **BEFORE** damage strikes
www.hope2sleep.co.uk

JUST FOR A LAUGH

Bob, a 70-year-old, extremely wealthy widower, shows up at the Country Club with a breathtakingly beautiful and very sexy 25-year-old blonde-haired woman who knocks everyone's socks off with her youthful sex appeal and charm and who hangs over Bob's arm and listens intently to his every word.

His buddies at the club are all aghast.

At the very first chance, they corner him and ask, 'Bob, how'd you get the trophy girlfriend?'

Bob replies, 'Girlfriend? She's my wife!'

They are knocked over, but continue to ask. 'So, how'd you persuade her to marry you?'

'I lied about my age', Bob replies.

'What, did you tell her you were only 50?'

Bob smiles and says, 'No, I told her I was 90

What is confidence?

A Navy Corpsman walks into a bar and takes a seat next to a very attractive woman.

He gives her a quick glance then casually looks at his new Apple watch for a moment.

The woman notices this and asks, "Is your date running late?"

"No," he replies, "just got this state-of-the-art Apple watch, and I was just testing it."

The intrigued woman says, "A state-of-the-art watch? What's so special about it?"

He says, "It uses alpha waves to talk to me telepathically."

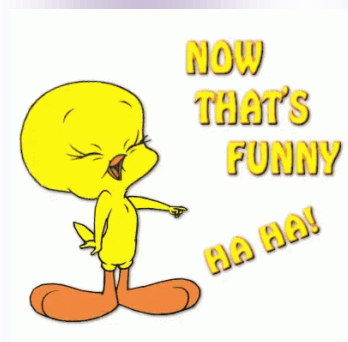
The lady says, "What's it telling you now?"

"Well, it says you're not wearing any panties."

The woman giggles and replies, "Well it must be broken because I am wearing panties!"

The Navy man smirks, taps his watch and says, "Darn thing's an hour fast."

And that, my friends.....is Confidence!



Fibro Friendly Recipes

Having a healthy, balanced diet is recommended for anyone, particularly those with fibromyalgia, as there are foods that can help to fight inflammation and in turn reduce pain.

Healthy Sweet Potato Skin

Prep Time: 20 mins Cook Time: 60 mins Makes: 2-3

DESCRIPTION

These healthy sweet potato skins are stuffed with mashed sweet potato, chickpeas, spinach, and Mozzarella cheese. So delicious!

INGREDIENTS

2 medium or large sweet potatoes
1 1/2 tablespoons butter
1 shallot, minced
1 bag fresh baby spinach
1/4 cup light sour cream or Greek yogurt
2 ounces light cream cheese
1 cup chickpeas
1/4 cup shredded Mozzarella cheese
salt and pepper to taste

INSTRUCTIONS

Bake sweet potatoes at 180 for 45-60 minutes, or until fork tender.

Cut sweet potatoes in half and let cool for 5-10 minutes. While sweet potatoes are cooling, saute the shallots with the butter over medium heat until translucent. Add fresh spinach and heat for 2-3 minutes, until spinach has cooked down. Set aside.

Scrape the sweet potato out of the peel, leaving a thin layer inside with the skin so that it can stand up on its own. Mash the sweet potato with the cream cheese and sour cream. Stir in chickpeas, spinach, and plenty of salt and pepper.

Coat potato skins with a drizzle of oil and bake for about 5 minutes to get a crispier outside. Remove from oven and fill each skin with the sweet potato mixture and top with shredded mozzarella cheese.

Bake again for 10-15 minutes, or until cheese is melted and filling is heated through.

How to Create a Fibromyalgia-Friendly Diet

Fibromyalgia's myriad symptoms are often challenging and unpredictable. Healthy eating is one area where the individual can take control to help relieve symptoms.

Choosing the best diet for an individual is a balancing act—foods should not cause inflammation, worsen other symptoms, or conflict with food sensitivities common in fibromyalgia. Once those hurdles are cleared, the food must still taste good.

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Focus on Adding These Healthy Foods

Individual experiences will vary, but these steps can help with the transition to healthier food choices:

- **Add vegetables to the diet.** Researchers have found evidence that increasing the proportion of vegetables in the diet can have a positive impact. Specifically, some research has shown a reduction in pain from switching to a vegetarian or vegan diet.

One small study found a vegan diet, which does not include any animal products, and a mainly vegetarian Mediterranean diet both helped reduce symptoms. A Mediterranean diet usually features fresh fruits and vegetables; healthy fats, such as olive oil; and fish and poultry rather than red meat.

- **Boost Omega-3s.** A group of foods classified as omega-3 fatty acids have a strong anti-inflammatory effect. Cold-water fish such as salmon, sardines, tuna, bass, and swordfish are good sources of omega-3s. Dark green vegetables such as spinach, kale, and broccoli are also good options.
- **Eat more fiber.** Beans, fruits, vegetables, lentils, and brown rice are healthy choices. People who are not eating enough fiber should increase fiber levels gradually and drink extra water to avoid gastrointestinal discomfort.
- **Switch to healthy fats.** Not all fats are to be avoided. Olive oil is a healthy and versatile choice. One medical study found that using olive oil improved both physical and psychological functioning.

HELPING HANDS

Do you have time to help our members?
Do you want to give back to the community?

Helping Hands is people who can help members of Fibro & Us - Fibromyalgia Support Group Inc. with their everyday needs.

Fibromyalgia is a disorder that causes muscle pain and fatigue. People with fibromyalgia have pain and tenderness throughout the body.

Sometimes the simple things are extremely difficult and hurt and we can take days to recover from simply doing our housework or gardening.

Our members pay a small "Thank You" fee of \$10 per hour to those that can help with cleaning, gardening, general household chores such as washing, making beds, folding etc. Some of our members are unable to drive and may need help to do shopping, get to appointments or events. Many of our members are on a pension or work part-time. Unfortunately a lot are not entitled to services such as Silverchain etc, hence why we have set up Helping Hands.

Some are lonely and feel isolated because of the pain and loss of cognitive function so they just want some company.

If you can help please fill in our [application form](#)



F.U.S.S. GROUP

Fibro & Us Supporters Support Group



Do you know someone with Fibromyalgia?
Do you care for someone with Fibromyalgia?

We tend to forget that we have people travelling this journey with us. This group is for those who SUPPORT a family member or friend with Fibromyalgia or Chronic Pain.

It can be frustrating thinking you are on your own and not quite sure how to deal with someone who is in pain most of the time.

The Supporters' Group is a forum for people to share information and knowledge, network and support each other while supporting those you care about.

You are not alone in this journey of supporting someone you love/care about. Come and join us at [F.U.S.S.](#)

WORD SEARCH

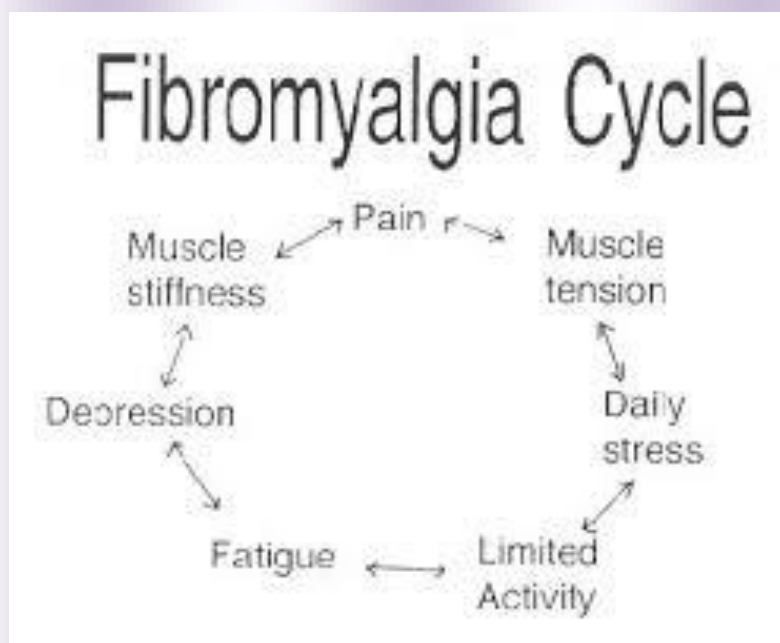
Word searches are fun, first of all, once you get the low-down on how to solve them. They also bring benefits you may not realize and can play an important role in keeping you mentally fit.

Central Nervous System

S	J	D	I	U	L	F	U	B	R	S	O	C	C
H	I	L	Y	R	A	L	L	I	P	U	P	O	O
Y	E	G	L	D	C	A	T	A	R	A	C	T	U
R	R	F	N	S	W	A	L	L	O	W	I	N	G
I	C	O	F	A	E	F	F	E	R	E	N	T	H
C	E	O	T	E	L	D	I	O	R	O	H	C	I
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M	L	S	K	U	L	L	U	L	F	R	T	E	T
U	C	O	N	J	U	N	C	T	I	V	A	R	I

FLUID
CEREBELLUM
REFLEX
AUDITORY
MUSCLE
SIGNALS
COUGHING
SKULL
CONJUNCTIVA
CATARACT
SWALLOWING
PUPILLARY
CEREBRUM
CHOROID
CILIARY
CORTI
EFFECTOR
EFFERENT
GROMMET
CONES

Play this puzzle online at : <https://thewordsearch.com/puzzle/105614/>



LOYALTY PROGRAM

Loyalty programs improve customer retention and provide incentives for your customers to buy. Loyalty programs can help do this by increasing that number of repeat customers and also increasing the amount of repeat purchases

Depending on your business it can be as simple as 50c of a cuppa/drink, 10% off, buy 1 get 1 free if you're a café/restaurant

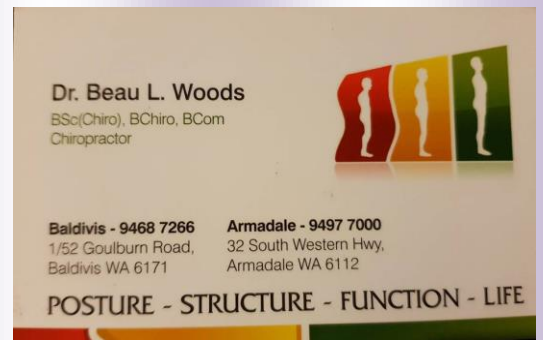
Free safety check if you're a mechanic

Free blowdry for hairdressers

The list is endless

In return we would advertise your business on our Facebook Page which gets around 100 hits a day. In our newsletter which goes out to over 400 people. In our support group which has over 670 members and growing every day and on our website

If you would like to be involved please [email us](#) with what you can offer.



22 Signs You Grew Up With Fibromyalgia

Although most people who have FM aren't diagnosed until middle age, many can actually trace their symptoms back to adolescence or even childhood. Perhaps you felt more tired than other kids in your class, or often experienced what your doctor referred to as "growing pains." But if this is your "normal" growing up, it may take many years to recognize that the pain, fatigue, brain fog or sensitivity to touch you've grown accustomed to is actually indicative of an underlying health condition.

Sometimes, receiving a diagnosis as an adult, not only puts a name to your current set of symptoms, but can also make sense of some of your childhood experiences. Perhaps the following will bring back some memories of your own childhood.

1. "I was always more fatigued than seemed 'normal,' especially for my age. Also went through episodes of severe back pain, knee pain and leg pain."
2. "As a child, [I was] told my 'growing pains' were normal, even when that pain had no other logical explanation and never went away. I was also told by friends and family that I was over-exaggerating or overly sensitive when I would wince in pain when touched in certain spots of my body."
3. "As I look back, I would get horrible migraines from being in the sun, [and] I had to always take naps."
4. "Not being able to participate in gym class but never having a legitimate excuse besides 'I just don't feel good.'"
5. "The nausea was the worst. The thing I remember the most is spending hours of the night crying on the bathroom floor afraid of what I was feeling. It was full-body hot, stinging pain that came with shaking and extreme weakness. I didn't understand why I felt like I needed to throw up but never actually did and why it wouldn't go away."
6. "When I started driving, I couldn't remember the main roads even though I've lived here my whole life. [I] lose my car in the parking lot even now."
7. "Constant fatigue... I would come home from school and go straight to bed and only wake up to eat, shower and go back to sleep."
8. "The feeling of ants crawling inside my skin. Such a weird feeling and nearly impossible to describe accurately."
9. "I used to cry myself to sleep at night when I was around 7 because of the pain in my legs. My dad would help by putting warm washcloths on my shins to soothe the aching. Now heat is the only thing that helps the pain."
10. "Growing up with fibro, I've learned patience. I've had to patiently wait for flares to end. I've learned empathy. I've learned to never say, 'I understand how you feel' because, even though I know my pain is worse, nobody will believe me. Besides, what my norm is might not be the same for someone else."

11. "I refused to wear certain clothes such as jeans or clothes with labels because they just irritated my skin so much. My parents put it down to [me] being fussy."
12. "I'm tall and always had what everyone called 'growing pains' throughout my body. As an adult, I've had CFS [chronic fatigue syndrome] and fibro. I also had TMJ, IBS and still am afflicted with high-functioning depression and anxiety."
13. "I always did whatever I could to get out of playing sports in school. Getting hit by things and people hurt too much."
14. "I used to dread having to walk places, for school or otherwise. I always thought I was just 'lazy' and was really hard on myself for it."
15. "There are no photos of me clubbing or traveling or laying on a beach like most teens do. I was too ill."
16. "I used to spend a lot of time in bed, very tired. I put it down to mental health, but when I recovered from that, the fatigue kept worsening!"
17. "I broke my leg at age 5 and since then my body has ached when there was bad weather coming. It stopped in my previously broken leg for years until about a year ago, which I thought was strange, until I was officially diagnosed six months ago."
18. "As a kid, it really hurt to sit cross-legged on the floor. I was always moving and adjusting, and thought everyone else felt the same."
19. "When I was a teen I missed a lot of school because of fatigue/exhaustion."
20. "[I had] severe 'menstrual pain' that would shoot up and down my arms and legs and cause me to pass out. My spine has felt tender as long as I can remember."
21. "I was always called an attention-seeker because I got hurt so easily and so often. I didn't understand how other kids were able to just power through things I knew were painful. Well, as it turns out, those things didn't hurt for them."
22. "I always found stuff a lot more painful than anyone else did, and I was always breaking out in hives. I can even remember experiencing the fatigue, as well as a plethora of other symptoms. Yet I thought it was completely normal to feel the way I did and I never brought it up to anyone."

Please note:

All opinions expressed in our newsletter are those of individuals and not necessarily those of the committee or membership. Any advice, either explicit or implied is not intended to replace qualified medical advice. Individuals should consult with their own doctor or health professional for specific medical advice.

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