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PRESIDENT'S PRATTLE

Can you believe there are only 14 weeks left in this year and 13 more weeks until Christmas?

The Fibro & Us team have quite a busy time ahead of us. We have a number of rural agriculture shows, markets and other events happening as well as our Bogan Quiz Night.

We are on the lookout for a few volunteers to fill in some of the vacant spots we have. We are currently looking for a Secretary and Treasurer. If you're interested or know of someone who maybe, please send us your resume and a passport size photo to info@fibro-us.org. We also need some volunteers to help with our Helping Hands group. If you're able to help with gardening or cleaning please send your resume and a passport size photo to helpinghands@fibro-us.org

We are constantly building on the resources, information, contacts, and anything we think will help you to live better lives, both physically and emotionally, so if you have any suggestions of what you would like please let us know

This year we heard a number of members say they wanted to go to our annual Unmask Fibromyalgia Masquerade Ball but they couldn't afford to pay for the tickets in one lump sum. So this year we are introducing a layby system so you can pay of your tickets and accommodation. To make payment arrangements please email accounts@fibro-us.org. We may also have some ball gowns that can be borrowed for a very low cost. We also suggest keeping an eye out in Op-Shops as you can pick up some stunning gowns for under \$10

I've been attending a number of different workshops and learning lots of things which are exciting. Some of the things I've been learning will be implemented over time. Our name is getting out there and people are starting to approach me at networking events.

We had a meeting with the Directors at the Lab Factory in Rockingham where we will eventually be having our office. They are currently refurbishing it and it should be ready in the next few weeks.

I recently attended a Networking Day hosted by ConnectGroups. It was a great day of sharing information and problem solving with other support groups. We are known as forward thinkers due to the things we do and a number of other groups want to have a meeting to discuss some of our ideas to see if they can implement them. One of the main questions I was asked was how many members we have, when I said we had nearly 1200 they wanted to know how we managed to get so many members. I told them it was because we are always actively promoting the group and raising awareness. I was surprised to hear that some of the groups that have been going for years only have around 2-300 members.

Now the weather is warming up we are going to start implementing some walking groups and using the hydro pool at Aqua Jetty in Warnbro. If you wish to join us keep an eye on our public events page www.facebook.com/fibro.us.events

Anyway I think that's it from me for this month.

Michelle
Founder/President

Pain Management and Nerve Blocks

Nerve blocks are used for pain treatment and management.

Often a group of nerves, called a plexus or ganglion, that causes pain to a specific organ or body region can be blocked with the injection of medication into a specific area of the body. The injection of this nerve-numbing substance is called a nerve block.

How Are Nerve Blocks Used?

There are different kinds of nerve blocks used for various purposes.

Therapeutic nerve blocks are used to treat painful conditions. Such nerve blocks contain local anesthetic that can be used to control acute pain.

Diagnostic nerve blocks are used to determine sources of pain. These blocks typically contain an anesthetic with a known duration of relief.

Prognostic nerve blocks predict the outcomes of given treatments. For example, a nerve block may be performed to determine if more permanent treatments (such as surgery) would be successful in treating pain.

Preemptive nerve blocks are meant to prevent subsequent pain from a procedure that can cause problems including phantom limb pain.

Nerve blocks can be used, in some cases, to avoid surgery.

Types of Nerve Blocks

Various areas of pain require different nerve block types. Below are a few of the available nerve blocks and some parts of the body where they are used.

- Trigeminal nerve blocks (face)
- Ophthalmic nerve block (eyelids and scalp)
- Supraorbital nerve block (forehead)
- Maxillary nerve block (upper jaw)
- Sphenopalatine nerve block (nose and palate)
- Cervical epidural, thoracic epidural, and lumbar epidural block (neck and back)
- Cervical plexus block and cervical paravertebral block (shoulder and upper neck)
- Brachial plexus block, elbow block, and wrist block (shoulder/arm/hand, elbow, and wrist)
- Subarachnoid block and celiac plexus block (abdomen and pelvis)

Other Nerve Blocks

Other types of nerve blocks include:

Sympathetic nerve block: A sympathetic nerve block is one that is performed to determine if there is damage to the sympathetic nerve chain. This is a network of nerves extending the length of the spine. These nerves control some of the involuntary functions of the body, such as opening and narrowing blood vessels.

Stellate ganglion block: This is a type of sympathetic nerve block performed to determine if there is damage to the sympathetic nerve chain supplying the head, neck, chest, or arms and if it is the source of pain in those areas. Although used mainly as a diagnostic block, the stellate ganglion block may provide pain relief in excess of the duration of the anesthetic.

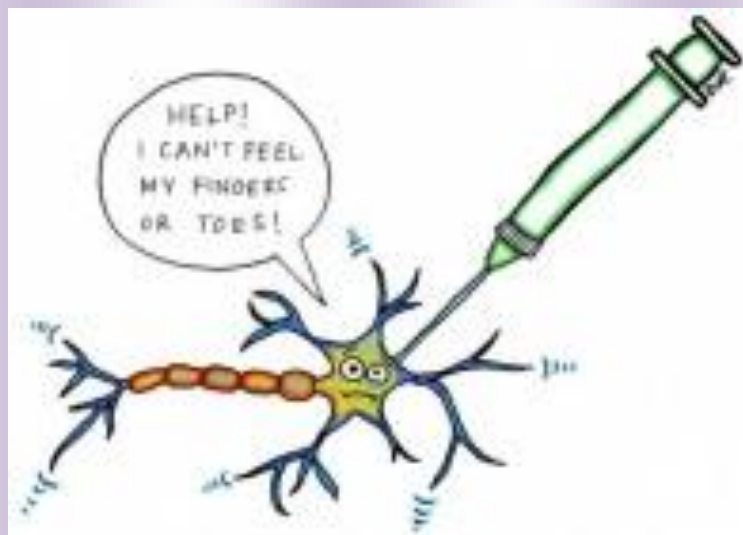
Facet joint block: Also known as a zygapophysial joint block, the facet joint block is performed to determine whether a facet joint is a source of pain. Facet joints are located on the back of the spine, where one vertebra slightly overlaps another. These joints guide and restrict the spines movement.

Side Effects and Risks of Nerve Blocks

Nerve blocks do have risks and side effects. They include:

- Elevated blood sugars
- Rash
- Itching
- Weight gain
- Extra energy
- Soreness at the site of injection
- Bleeding
- Death (in rare cases)

Although many kinds of nerve blocks exist, this treatment cannot always be used. If your pain isn't related to pain in a single or small group of nerves, nerve blocks may not be right for you. Your doctor can advise you as to whether this treatment is appropriate for you.





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](#)

Coffee & Chat

Baldivis – Dome Café – 3rd October at 10.30

Kwinana – Dome Cafe – 19th October at 11.00

Armadale – Dome Café – 9th October at 10.30

Joondalup – The Coffee Club – 19th October at 10.00

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

Northam – Salvation Army Hall – 8th October at 11.00

Secret Harbour – Dome Café – 27th October at 10.30

Bunbury - Natural Temptations – TBA

Maddington — Real Life Church – 5th October at 9.30

Albany – The View – 26th October 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....

This month's conversation was: **How has Fibromyalgia changed your life?** The following are comments from our members

- Made working very difficult
- Have to start an entire different career, have to limit what I do which isn't my personality type I was always a very hard worker.
- I've lost some family and friends relationships and like today I literally can barely move, get warm and have extreme fatigue.
- The hardest part is acceptance especially as a mother, the false guilt.
- I've had since 16 so while I guess everyone was clubbing partying etc. I was curled on the couch.
- I'm struggling to finish my degree. I've finally changed universities, so I can do an online version of the course, so I'm hoping that it helps.
- I've had to give up my career that I loved due to cognitive issues.
- I've had to learn to pace myself and take things slower.
- The idea of studying to further my career or do anything more complex is out the window thanks to cognitive issues. I'm having to change careers to something simpler that I can concentrate on and one where lives aren't dependant on me either.
- Can't work, marriage problems, became a hermit.
- How hasn't it would be easier to answer. Relationships, work, food, self-confidence, physical ability, mental clarity, concentration all negatively impacted as a start. The activities I enjoyed apart from reading were all physical. Reading also more difficult now as eyes affected also.
- As a teenager it's completely screwed me for school and I lost every friend
- It stole the years that I still wanted to be working so we could travel. It takes away the strength I need to interact on a physical level with my grandchildren. It's taken the soul out of my life



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



What Is Pain?

Pain is your body's way of telling you something is wrong. Imagine, for example, stepping on a tack. Your nerves send pain signals to your brain. This pain is a "protective" form of pain. It warns you to take action (or stop what you are doing) because an injury has occurred.

That kind of pain is easy to understand. But what explains the pain and other symptoms of a person with fibromyalgia? For example, why are people with fibromyalgia sometimes more sensitive to things such as temperature and sound? This question is puzzling because there seems to be no injury.

Researchers are not yet certain of the answer. But many believe that the pain of fibromyalgia comes from "central sensitization." This means that the problem might be a result of overactive nerves in the central nervous system (CNS) which can cause a more intense response to pain.

The CNS is made up of the brain, the spinal cord and the nerves that control physical activities. For fibromyalgia patients, this possible problem in the central nervous system may lead to a greater sensitivity to pain. It's almost as if the "volume control" for pain is turned way up.

8 Specialists Who Treat Pain

If you're one of the millions in chronic pain, living a full and active life may seem out of your reach. But with the right treatment and support, it is possible. You've probably already visited your regular doctor, but there are also experts who specialize in treating pain who can work with your doctor and you to help you find relief.

1. Chiropractors

What they treat: Back pain is a common reason people seek out chiropractors, but these specialists treat pain from all kinds of conditions, injuries, and accidents -- even chronic headaches. They don't prescribe medicine, but they use hands-on techniques to offer relief.

2. Physiatrists or Rehabilitation Physicians

What they treat: Injuries and conditions that affect how you move. They diagnose and treat pain related to nerves, muscles, and bones including carpal tunnel, neck and back pain, sports and work injuries, herniated discs, arthritis, pinched nerves, and concussions without the use of surgery. These specialists also treat post-surgery pain

3. Rheumatologists

What they treat: Rheumatic diseases, including arthritis, gout, and tendinitis, which can cause pain, swelling, and stiffness in the joints, muscles, and bones. Treatments may include medicines or anti-inflammatory or pain-blocking injections in your tendons or joints.

4. Orthopedic Surgeons

What they treat: Injuries and diseases that affect your musculoskeletal system, which includes your bones, joints, ligaments, tendons, muscles, and nerves. Many specialize in certain parts of the body like the hips, knees, and shoulders. Once they diagnose your injury or disorder, they'll create a treatment plan that could include medicine. They might also recommend exercises (or refer you to a physical therapist) to help restore movement, strength, and function to your body and teach you how to prevent further issues. They are trained as surgeons, so if surgery is necessary, they can do it.

5. Physical Therapists

What they treat: These professionals work with people recovering from injury or surgery. Physical therapists may use massage, stretching, heat, ice, and exercise to help ease your pain and increase your mobility.

6. Acupuncturists

What they treat: Acupuncturists are trained to work with a wide range of conditions causing pain, including headaches, knee pain, low back pain, neck pain, sciatica, sprains, and osteoarthritis. They insert very thin needles into specific points on your body, which may stimulate chemicals that help block pain signals. Although needles might sound scary, most people feel little or no discomfort.

7. Pain Medicine Specialists

What they treat: Many different types of pain, including pain that's caused by surgery, injury, nerve damage, and conditions like diabetes. They also treat pain that doesn't have a clear cause. They use medications given by mouth or targeted injections.

8. Osteopathic Doctors

What they treat: Although they're similar to medical doctors (they have also gone to medical school, but have DO after their names instead of MD), osteopathic doctors get extra training in the musculoskeletal system, which includes nerves, muscles, and bones.



When It Hurts to Be Touched

Our sense of touch is a fundamental part of the human experience. Being touched by others a powerful tool of communication, whether it is through a handshake, a hug, or a pat on the back, and it can also boost a sense of general well-being.

Unfortunately, living with chronic pain can interfere with your ability to touch, feel, hold, or be held by others. One of the most challenging examples of this occurs when we develop extreme sensitivities to touch from things that aren't usually painful. The medical term for this is allodynia, and it means that something is painful from a non-painful stimulus. Imagine lightly brushing the back of your hand with a cotton ball. That should not hurt in the least, but now suppose doing so is all of a sudden associated with the feeling of intense pain in the hand.

This type of extreme sensitivity to touch can have a dramatic effect on a person's life. They may completely avoid using an affected body part, like a hand in our example, or they may avoid even leaving the house out of fear that being around others may risk contact with the sensitive body part.

One of the most common types of pain that can lead to something like allodynia is nerve pain, also known as neuropathic pain. One nerve pain syndrome, in particular, that is often associated with cantankerous forms of allodynia is complex regional pain syndrome, or CRPS. CRPS can be a debilitating pain problem that usually involves an extremity, like an arm or leg, after some type of tissue injury has taken place.

Allodynia can be associated with other types of chronic pain problems, as well, including fibromyalgia, migraine headaches, TMJ, painful surgical scars, and skin damage from ultraviolet radiation. In fact, migraine sufferers have been reported to have pain with hair combing, shaving, and putting in contact lenses.

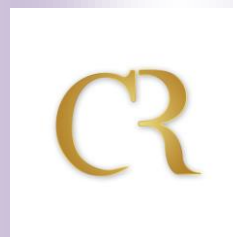
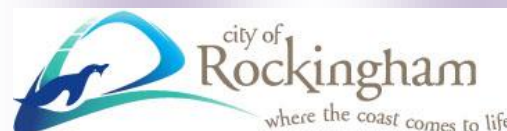
Researchers believe that allodynia is a result of the amplification of pain signals going on in the brain – a problem called “central sensitization” – though it is still unclear what causes it.

Fortunately, allodynia can be successfully treated under the right circumstances, so it is important to find health care providers who understand this problem and can help. Desensitization techniques are one way of reducing the hypersensitivity of the skin or tissues, and you can even learn how to do some of this at home on your own. For example, placing a sensitive hand or foot into a bowl of uncooked rice or lentils is one tool we use with some of our patients. Other topical treatments include things like contrast baths, paraffin wax, and clay. Because desensitization can be a painful process to start, it helps to have as much support and guidance from your treatment team as you can get.

So, if you are struggling with hypersensitivities and it is interfering with your quality of life, ask your health care team for help.

SPONSORS/PARTNERS

A huge thank you to those businesses that sponsor us. Please support those who support us



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!](#)



How to Treat Skin Rashes in Fibromyalgia

If you're living with fibromyalgia, you may expect widespread muscle pain and other symptoms like digestive problems, sleepiness, and brain fog. These, however, aren't the only symptoms linked with this condition. Some people diagnosed with fibromyalgia also develop a skin rash.

These rashes can vary in size and appear anywhere on the body. They're most often due to medication side effects and can worsen with scratching. Some fibromyalgia rashes are so sensitive that it becomes difficult to wear certain clothes or sleep. But relief is possible.

Here's what you need to know, including how to identify a rash and how to manage symptoms

What are the symptoms?

Typically, a rash is red, raised, or bumpy. You may develop skin sensitivity or tenderness with the rash, or you may have itchiness without pain.

In addition, a rash in fibromyalgia can cause a crawling sensation on the skin. If you also have dry skin, this can worsen itchiness and the rash.

However, a rash is not considered in a diagnosis of fibromyalgia.

What causes it?

The exact cause of a fibromyalgia rash is unknown, but certain factors are believed to trigger this skin condition.

Immune system response

Immune system activity beneath the surface of your skin may cause a rash, although there is no research to confirm this in fibromyalgia. In this case, your immune system believes that proteins underneath the skin are foreign invaders. This can prompt your immune system to release histamine, which increases skin sensitivity. This can cause the appearance of a rash and itchiness.

Signals from central nervous system

The central nervous system consists of the brain, spinal cord, and nerves. It's responsible for sending information to different parts of your body. If you have fibromyalgia, your brain may send "itch" signals to the nerves in your skin. This can cause your skin to become oversensitive, triggering a sensation of itchiness. While this is not proven to occur with fibromyalgia, repeatedly scratching your skin can cause a rash.

Chemical imbalance

Neurotransmitters are responsible for controlling communication between your brain and body. If you have fibromyalgia, abnormal levels of neurotransmitters (dopamine and serotonin) in your brain may contribute to itchiness. One study found that the release of serotonin intensified itching in mice. The study was not conducted on humans, but it's suspected that higher levels of serotonin may also cause itchiness in humans, which can lead to a skin rash.

Medication

A fibromyalgia rash is most often caused by medication. Different medications can be prescribed to help reduce symptoms of fibromyalgia. These include duloxetine (Cymbalta) and milnacipran (Savella), and anti-seizure medications like gabapentin (Neurontin). Occasionally, a rash can develop as a reaction to these drugs.

You can also develop a rash if you're allergic to over-the-counter pain medications like ibuprofen (Motrin) or acetaminophen (Tylenol). Consult your doctor if you suspect an allergic reaction.

Light sensitivity

Fibromyalgia can sometimes increase sensitivity to light. If you have this symptom, sun exposure could cause skin soreness and a skin rash.

How to manage it

Understanding the cause of a fibromyalgia rash can help you manage and treat this condition. If you believe your rash is caused by medication, let your doctor know. They'll likely discuss a number of possibilities with you, including changing your medication or lowering the dose.

Here are tips to manage the rash at home:

- Drink plenty of water. Dry skin can cause itching, which can lead to a skin rash. Increase your fluid intake to keep your body and skin hydrated. If your urine is dark yellow, this means you're not drinking enough. Here's how much water you should be drinking.
- Apply sunscreen. If you're sensitive to light, apply sunscreen before heading outdoors, even on overcast days. Wear protective covering to avoid sunburn and a skin rash. Here are some guidelines for choosing a sunscreen.
- Take a lukewarm bath or shower. Take a lukewarm bath or shower to soothe your skin and ease itchiness associated with a rash. Apply a skin moisturizer immediately after a shower or bath to keep your skin hydrated.
- Apply topical cream. Apply an over-the-counter topical anti-itch cream like hydrocortisone as directed several times a day for short-term relief. This helps block a histamine reaction, which can reduce itchiness and clear up a rash. These creams can also treat rashes caused by an allergic reaction to medication. If you find yourself needing to continue use for more than one week, discuss with your doctor. Long-term use of topical steroids can have side effects.
- Don't scratch a rash. The more you scratch, the more the rash may itch. This can damage your skin and worsen a rash.
- Apply a cold compress to the skin. Wrap an ice pack in a towel and apply the cool compress to your skin for 10 to 20 minutes several times a day. This helps stop inflammation and pain. Learn more about making a cool compress at home.

- Avoid perfumed soaps and lotions. Scented products can irritate your skin and worsen a rash.

The takeaway

A skin rash doesn't always occur with fibromyalgia. But if one develops, home remedies can usually ease itching and improve the appearance of a rash.

Never ignore a rash that worsens, doesn't improve with treatment, or is accompanied by other symptoms like a fever or difficulty breathing. Most rashes are caused by an allergic reaction, which could be a medical emergency. A persistent rash can also be a symptom of another disease, such as lupus. Discuss your symptoms with your doctor. They can order further tests if needed.



Warm Weather Survival

Warm or hot weather can be taxing for those of us with fibromyalgia (FMS) and chronic fatigue syndrome (ME/CFS), even when temperatures are extreme enough to bother most people. You may find yourself overheated, sweating profusely, with your hands and feet puffing up and your pain and fatigue going through the roof.

So what's behind this symptom? Why does heat bother us and cause so many symptoms to kick up?

First of all, it's because many of us have temperature sensitivities to either heat, cold or both. We have a larger physiological response to temperature than other people.

We don't know a lot about this symptom at the moment, but we know enough to suspect that it's the result of dysfunction in our autonomic nervous system, which is the part of the nervous system that deals with homeostasis.

"Homeostasis" means that the body tries to keep itself stable and regulated in certain ways. Your heart beats at a certain speed, you breathe in and out at a certain speed, your internal temperature stays within certain parameters, etc.

In these conditions, though, homeostasis doesn't seem to do a very good job of some things. So, basically, our bodies just don't regulate temperature properly. The result is that we tend to be more affected by our surroundings than healthy people are.

This isn't a symptom that's easy to treat. In fact, none of our common treatments even attempt to target it. That means we have to learn to manage it on our own. We need to figure out how to cool ourselves down when we overheat, but even more importantly, we need to keep ourselves from getting too hot in the first place

Preventing Heat Problems

The best ways to keep from getting too hot are pretty obvious: keep your environment cool and stay inside when the temperature is too high for comfort. However, those techniques aren't always possible and could keep you from doing a lot of things you enjoy.

For those times when you can't avoid the heat, keeping yourself cool takes some forethought and preparation. Some good ways include

Sticking to cold food and drinks

Using an umbrella for shade

Wearing a visor instead of a hat (so your body heat can dissipate through your head instead of being trapped there)

Wearing loose-fitting clothes made of breathable fabrics

Avoiding hot baths or showers, or rinsing with cool water before getting out

Avoiding hair-styling products that use heat, such as blow driers or flat irons

Some people with these conditions find that showers are a bad idea, due to the heat and several other factors.

You probably have to limit your activity levels anyway due to your illness, but take special care to limit how active you are in a warm environment.

Cooling Off

When you do get overheated, you'll likely feel better if you can cool yourself off right away. We tend to have a harder time of this than other people, as well.

When you're at home, you might be helped by things like ice packs, cold compresses or washclothes, or soaking your feet in cool water.

You'll want to be able to cool down when you're away from home, as well, and that can take some extra preparation.

workshops

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

Jewellery Workshop - \$10pp - TBA

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

hydrotherapy

We now have a group meeting at Aqua Jetty Warnbo on Sundays at 1pm to walk in the hydro pool. Come down and join us. No need to book just turn up.



Now that the weather is warming up we are starting to implement some walking groups in different locations. WATCH THIS SPACE

JUST FOR A LAUGH

Why did I get divorced? Well, last week was my birthday. My wife didn't wish me a happy birthday. My parents forgot and so did my kids. I went to work and even my colleagues didn't wish me a happy birthday. As I entered my office, my secretary said, "Happy birthday, boss!" I felt so special. She asked me out for lunch. After lunch, she invited me to her apartment. We went there and she said, "Do you mind if I go into the bedroom for a minute?" "Okay," I said. She came out 5 minutes later with a birthday cake, my wife, my parents, my kids, my friends, & my colleagues all yelling, "SURPRISE!!!" while I was waiting on the sofa... naked.

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

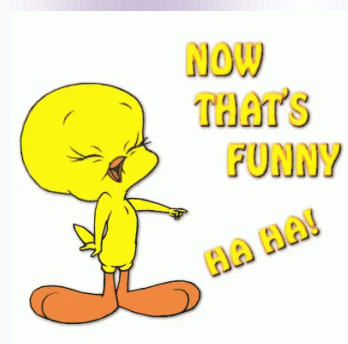
Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a freaking cat!"



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.

Mushroom and Spinach Frittata with Smoked Gouda

Prep Time 5 Mins

Cook Time 37 Mins

Makes 4 servings (serving size: 1 wedge)

Don't stop with just mushrooms and spinach. Frittatas go great with any vegetable. Serve this veggie-packed dish for brunch and get your fill of calcium, protein and antioxidants.

Recipe Is: Meatless

Ingredients

2 teaspoons olive oil
1/3 cup chopped Vidalia onion
2 cups sliced mushrooms
4 cups packed baby spinach leaves or torn Swiss chard
2 large eggs
4 large egg whites
1/2 cup shredded smoked Gouda cheese, divided
1/4 teaspoon salt
1/4 teaspoon pepper
Cooking spray

How to Make It

Step 1 Preheat oven to 350°.

Step 2

Heat olive oil in a large nonstick skillet over medium-high heat. Add onion; cook 2 minutes. Add mushrooms; cook, stirring frequently, 4 minutes or until the mushrooms are tender. Add spinach; cover and cook 1 minute or just until spinach is wilted.

Step 3

In a medium bowl, combine eggs, egg whites, 1/4 cup cheese, salt, and pepper; mix well. Add spinach mixture; mix well. Pour mixture into an 8-inch round cake pan coated with cooking spray. Sprinkle remaining 1/4 cup cheese over frittata. Bake 30 minutes or until eggs are set in center and cheese has melted. Cut into 4 wedges.

Odd Nerve Sensations in Fibromyalgia

Paresthesia is the medical term used to describe odd, but not usually painful sensations including tingling, crawling, itching, numbness, and prickling.

These sensations can be mild, somewhat annoying, uncomfortable, or, in people with Fibromyalgia, even quite painful. Some people describe them as an annoying tickle or a hair brushing against their skin. Others may experience a sensation similar to the "pins and needles" of a foot that's "fallen asleep" due to restricted blood flow, or bugs crawling under the skin.

Paresthesias often come and go rather than being a constant sensation. They can strike without warning, usually without an obvious trigger. While these sensations are most common in the extremities--your feet, hands, and face--they can be present anywhere in the body.

Fibromyalgia and chronic fatigue syndrome are both associated with paresthesias, including the painful kind. They can be of any severity and get more or less painful over time.

In chronic fatigue syndrome, we have no real research on paresthesias but a wealth of anecdotal reports. As in Fibromyalgia, they can range from mild to severe and can show up just about anywhere.

In Fibromyalgia, this symptom is firmly established by research as well as by anecdotal reports from people with the condition.

Causes of Paresthesias

Paresthesias are most often caused by damage to peripheral nerves (those in the arms and legs) or pressure on those nerves, which may be caused by inflammation or injury. They can also be caused by chemotherapy drugs. However, most of the time the cause is unknown.

In Fibromyalgia and chronic fatigue syndrome, one hypothesis is that they're the result of generally heightened sensitivity of the nerves as well as an amplified pain response in the brain. However, with further research, more possibilities are arising.

Fibromyalgia was long believed not to involve inflammation, but research has found evidence suggesting low levels of inflammation in the connective tissue called the fascia. That raises the possibility that inflammation may at least contribute to paresthesias in this condition.

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 email us at helpinghands@fibro-us.org with your resume and a passport size head shot photo



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.

Types of Food

O	R	L	N	O	O	D	L	E	S	R	E	S	O	CEREAL
R	B	N	E	G	O	N	I	O	N	L	O	V	T	MACARONI
O	T	T	L	T	A	A	L	L	O	T	K	E	S	TV DINNER
L	U	D	K	R	T	H	B	R	T	S	T	R	C	CASSEROLE
L	N	M	U	R	R	U	E	L	T	T	E	E	F	BREAD
S	A	A	O	A	O	S	C	E	U	G	R	O	R	PORK
H	B	C	C	F	S	P	A	E	R	E	D	H	U	NOODLES
S	U	A	T	A	S	K	A	U	A	I	P	T	I	FAST FOOD
I	T	R	C	B	G	E	B	L	A	A	S	D	T	LETTUCE
D	T	O	E	R	T	D	O	O	F	T	S	A	F	ROLLS
A	E	N	S	E	T	V	D	I	N	N	E	R	D	STEAK
R	R	I	O	A	I	T	T	E	H	G	E	P	S	SPEGHETTI
S	A	L	A	D	S	G	O	D	T	O	H	U	S	BURGERS
O	O	E	I	M	N	E	N	U	M	H	S	P	O	ONION
														BUTTER
														HOTDOGS
														TUNA
														RADISH
														SALAD
														FRUIT



As Awareness Day 2019 falls on Mother's Day we will be holding our
Awareness Lunch on the 11th May 2019.

Next year we will be holding a
High Tea at the Hotel Clipper.

Details will be available on the website when finalised.

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

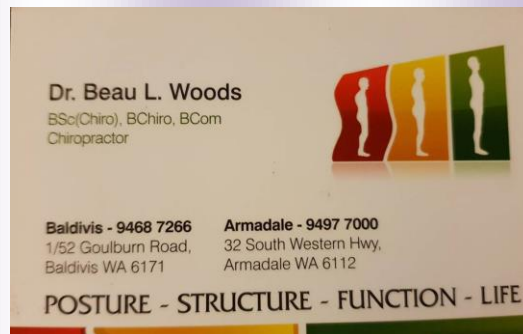
Free safety check if you're a mechanic

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.



How to Avoid Caregiver Burnout

Take Time for You

Even just a few minutes can make a difference and help you recharge. Try yoga before breakfast, slip out for a 10-minute walk, and keep up with your favorite hobby. This lowers your stress, which may help you be a better caregiver.

Know Your Limits

List all the tasks you need to do in a week, including dressing and bathing a loved one, rides, cooking, and household chores. Consider which ones someone else might be able to do. Remember to say no when you need to, and set boundaries so you can stay ready to help

Stick to a Routine

Your daily habits can make your life simpler. A routine can help you feel in control and can let your loved one know what to expect. Consistency is especially important for people with dementia, because it provides a sense of security

Ask for Help

Even a few hours "off duty" can help you recharge. Think of family, friends, or neighbors to call when you need a break. Insurance may pay for a home health aide. Adult day-care centers can give you a breather while your loved one enjoys some social activity. Your local Area Agency on Aging can tell you where to find help. And hospice programs can help terminally ill people and their families.

Get Enough Sleep

Relaxation exercises, such as deep breathing, may help you at bedtime. If your loved one sleeps during the day but is awake much of the night, try to take naps. You may need to hire an aide or ask a friend or relative to stay with your loved one overnight so you can get a good night's rest.

Join a Support Group

No one understands your situation better than another caregiver. You may want to look for support groups related to your loved one's illness. Your local Area Agency on Aging may keep a list. Or consider joining an online community, where you can connect with others, ask questions, vent when you need to, and share ideas.

Use Timers and Reminders

Technology can be a caregiver's best friend. Buy pillboxes that sound an alarm when it's time for the next dose, or try a smartphone app or an online medicine reminder. They can send an automated text or phone call to you or your loved one when it's time for their medication. Pill organizers are a low-tech way for you to portion pills in little drawers by day, meal, or hour.

Get an Emergency Alert Device

Consider an electronic "help" button for when you can't be there. It's called a personal emergency response system (PERS), and your loved one wears it like a pin or a necklace. Most connect to the phone system. Some work like a walkie-talkie, so the wearer can talk to an emergency operator at any time. Some will notify a family member or call 000, depending on your preference. You'll pay a monthly fee for the service.

Set Up Cameras and Sensors

To chat with your loved one or keep tabs when you can't be there, you could set up a webcam -- a video camera connected to the Internet. Video chat apps can also help involve faraway family members in care decisions. If your loved one might wander away, you can install sensors that alert you when someone opens a door.

Tap Into Creature Comforts

Could you bring a well-trained cat or dog in for a visit? Spending time with an animal can be very soothing to people who aren't well or who can't get out the way they used to. Pets can lower blood pressure, cut stress -- even make elderly people more alert. And seeing a loved one perk up can make you, the caregiver, happier, too.

Tune In

Music and art can spark fun shared moments for you and the person you're caring for. Familiar melodies can bring back memories and may lead to clapping or dancing. Keep art projects simple and safe but not too childlike. Painting or making a collage from magazines are two good options. Listening to music or working on an art project can be a great stress reliever for you, too.

Pace the Day

If your loved one has dementia, watch for "sundowning," in which people become confused or agitated in the evening. Plan activities early in the day, and serve an early dinner. Turn the lights up in the evening. Check with a doctor about any physical or sleep problems that may be part of the sundowning effect.

Make It a Team Effort

Hold regular family meetings to discuss how your loved one is doing, caregiving needs, financial concerns, and your need for support. These meetings should include everyone who might be involved in caring for your loved one, including paid caregivers. Connect distant family members through a speakerphone or online video chat. Follow up with a written agreement and a calendar of tasks.

Draw on Workplace Support

Thanks to the Family and Medical Leave Act, larger companies must offer up to 12 weeks of unpaid leave for employees with a parent, spouse, or child who is seriously ill. If you can't take leave, look into whether you can work flexible hours. Be clear about how you will get your work done. Employee assistance programs can help you find care for your loved one while you work.

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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