

Metro Fibromyalgia &



CFS Support Group

September 2014

Hello everyone,

Here we are saying good bye to summer. Where did summer go?

Some of our snow birds will be leaving soon. I want to take time out to say good bye, good luck and hope to see you in the Spring. Stay in contact. One particular snowbird will become a permanent Florida gal. Our vice president, Mary Lou Jankowski. We wish you the very best. You will always be a part of this group. You have been such a big help. I know we will stay in touch. God speed.

I want to thank Cheryl Cunningham for volunteering to help me with the group. Also thank you to Cheryl Hayes Gassen for volunteering to help with the library books. I so much appreciate the help.

We welcome our new members. Some may have just been recently diagnosed with fibromyalgia. All of us understand how you feel. The most difficult thing is to accept it. This is why this group exists. We are a support group. We are there for each other.

As always any comments or suggestions are always Welcome.

God Bless,

Ruthann Bruce-President

We are here for each other!





ADVISORY BOARD

Attornies, Peter Bundarin, Kirsten Cook
Law offices of Peter Bundarin

Dr. Daniel Clauw

**Uof M Rheumatology Center Chronic
Pain**

Katherine C. Gothard, M.S., Psy.S., LLP

Dr. Barry Hobbs

Hobbs Specific Chiropractic

Dr. Howard Schubiner

Author/Researcher in Fibromyalgia

Bruce Smoler, D.D.S

Community Dental Associates

Dr. Luis E. Torregrosa

Physical Medicine & Rheumatology

Ronda Violi, R.N.

Life, Business and Retreat Coach

Save the date

Sept. 11th - Dr. Torregrosa

Rheumatologist

Oct. 9th - Dr. Barry Hobbs

Brain stem specialist

Nov 13th - TBA

Dec. 11th - Ronda Violi

Life, Business & retreat coach

The meetings are held every 2nd and 4th

Thursday of each month.

Our 4th Thursday meeting, is what we call an open table talk. We talk about what is working for us or not with our fibro.

We meet at:

Merriman Road Baptist church

2055 Merriman Rd

Garden City

1-3 pm

Association Contacts & Support Line

President

Ruthann Bruce 734-981-2519

Vice President

Mary Lou Jankowski

Secretary/treasurer

Sharon Strebbling

Our website is

www.MetroFibroGroup.com



Fibromyalgia Patient Education Workshop

One of the most distressing aspects of being a patient with fibromyalgia is the lack of, and often conflicting, information regarding this condition.

As part of our community engagement, the University of Michigan Chronic Pain and Fatigue Research Center (CPFRC) holds regular education seminars designed to provide patients and their families with the latest information about fibromyalgia and other pain syndromes, as well as guidance on symptom management strategies.

At each workshop, Dr. Dan Clauw, the director of the CPFRC, presents an overview of what is currently known (and suspected) about FM and discusses the rationale behind a variety of current research studies into the possible causes and mechanisms of FM. Information is provided regarding ways in which patients can assume an active role in the management of their symptoms, and specific things they can do to supplement prescribed treatments.

Topics addressed during the workshop include the role of cognitive behavioral therapy, exercise, medication, and how to discuss symptoms with treatment providers. The workshop is offered free of charge and friends and family members are welcome to attend. Content is relevant to patients suffering from a range of other pain syndromes such as irritable bowel, pelvic pain, and headaches.

The FM Workshop is conducted monthly at Domino Farms, Lobby M. The session will last approximately 2 hours. The content of each session is the same.

CALL 734-998-6939 TO REGISTER

Upcoming Dates:

Tuesday, August 12, 2014 2:00 pm - 4:00 pm

Tuesday, September 9, 2014 10:00 am - 12:00 pm

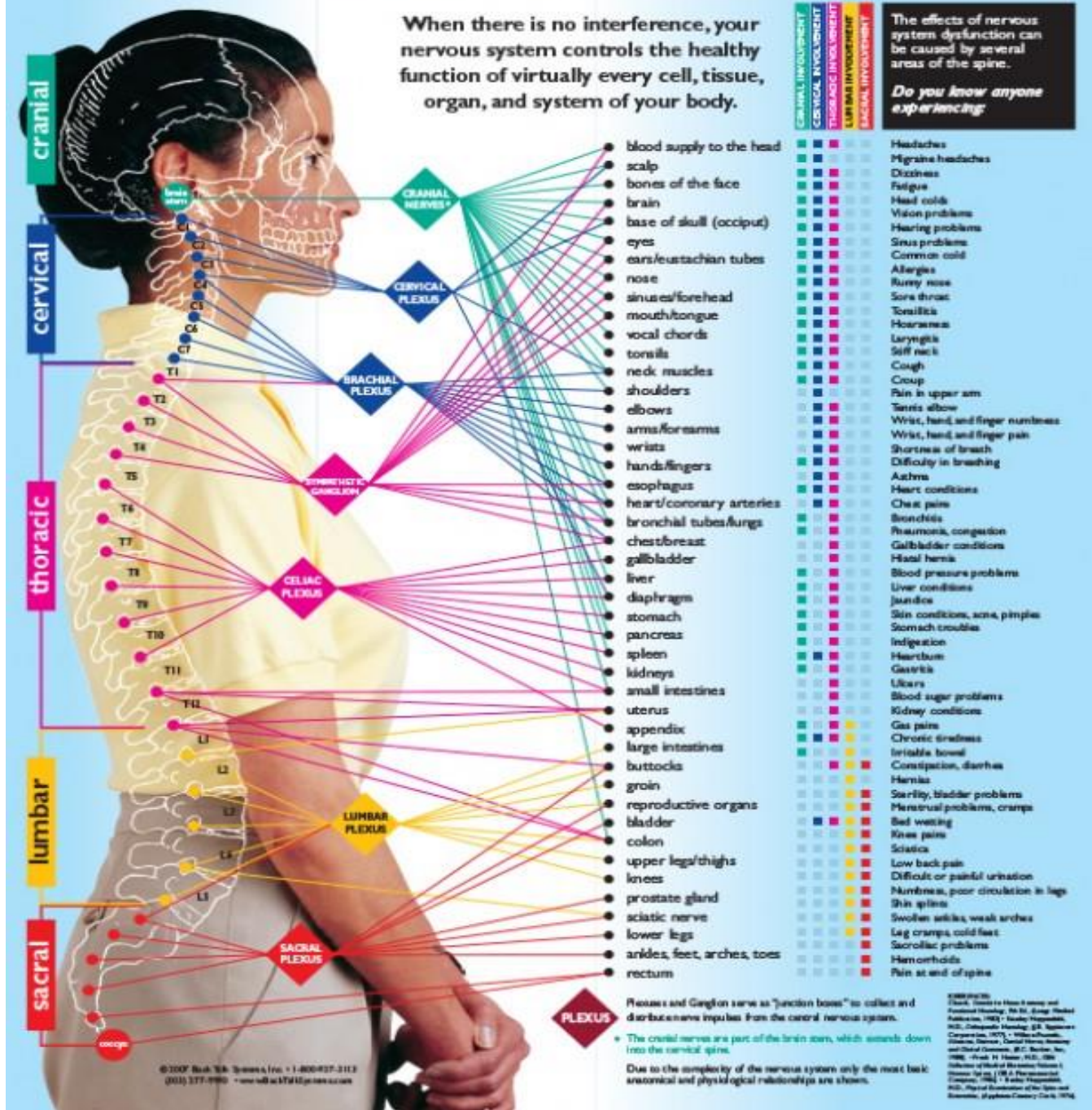
Tuesday, October 28, 2014 10:00 am - 12:00 pm

Tuesday, November 11, 2014 2:00 pm - 4:00 pm

nerve function

Many things can impair your nervous system and interfere with its function.

When there is no interference, your nervous system controls the healthy function of virtually every cell, tissue, organ, and system of your body.



When you're diagnosed with fibromyalgia, it can be difficult to accept that you'll have to live with fibromyalgia for the rest of your life. It's hard to cope with knowing that on some days you may not be able to complete even the simplest, everyday tasks.

That's how one grandmother in WebMD's fibromyalgia community feels. "I was diagnosed about one year ago. I am still trying to ignore that everything I have read says fibromyalgia is going to be with me for life and has no cure. I can't cope with that yet," she says. She is used to being the one who does everything for her family. "Now it's just hard to finish my normal daily functions." She's also used to remembering everything in the family and doesn't like the way fibromyalgia often makes her mind feel foggy. "I hate the 'mind fog.' It's like you are separated by a real barrier (like a curtain) from retrieving things from your mind," she says.

She notes sometimes the fibromyalgia pain goes away and then she stops taking her medication, thinking, "It's finally over, I can be the person I was." But when the pain returns after a few weeks, she feels even more depressed. Her husband thinks she's just experiencing the normal aches and pains of getting older and she needs to learn how to deal with it. She's looking for suggestions on how to accept fibromyalgia and how to explain the condition to her husband and family.

One woman suggests taking her husband along on visits to the doctor, so the doctor can help explain fibromyalgia to him.

Another community member agrees that taking family members to appointments can be helpful. "My son goes to doctor appointments with me and hears what they say, so he has a much better understanding now," she says. She also suggests asking family members and friends to read the fibromyalgia community boards. "I had a friend do that and she understands fibromyalgia a lot better now," she says. She also mentions that it's important to give medications and other treatments time to work -- anywhere from six to eight weeks. She says that people with fibromyalgia often need to keep trying different treatments until they find what works best for them.

Another woman says she experienced a similar time of depression after being diagnosed with fibromyalgia. "I personally went through a grieving time, where I was mourning the person I used to be and just wanted my old self back," she says. But over time, she has learned to come to terms with fibromyalgia. She says that things have gotten better for her and that her medicine helps her cope. She adds that going through periods of feeling better is normal. "We have flares where we hurt more than usual. Then like you say, we might feel better and think that we're 'healed,' or maybe we didn't really have it after all," she says.

Fibromyalgia Exercise, One Step at a Time

WebMD Feature By Ellen Greenlaw

When Lynne Matallana was first diagnosed with fibromyalgia, she spent most of her time in bed. Then her doctor suggested she get some exercise.

"I knew I'd have to start really slowly, so I started exercising while I was still in bed," says Matallana, president and founder of the National Fibromyalgia Association. "I'd do some stretching for about half an hour and then take a rest."

Gradually she worked up to walking to the mailbox and back, and then to more steady exercise on a treadmill. Today, she credits exercise with playing a big role in improving her fibromyalgia pain. This step-by-step plan can get you started on your own exercise program for fibromyalgia.

Fibromyalgia Exercise Step 1: Know That It Can Help

“Exercise is one of the most effective treatments for fibromyalgia,” says Daniel Clauw, MD, professor of anesthesiology and medicine at the University of Michigan. “It benefits all of the symptoms of fibromyalgia, including pain, fatigue, and sleep problems.”

Exercise can help maintain bone mass, improve balance, reduce stress, and increase strength. Getting regular exercise can also help control your weight, which is important to reducing the pain of fibromyalgia.

“Moving your body may be the last thing you feel like doing, but you have to believe that it really does help,” Matallana says. “It’s hard at first, but it does get easier.”

Fibromyalgia Exercise Step 2: Start Slowly

Whether you’re used to running marathons or you’ve never exercised, the key is to start with something small and gradually increase your activity level. Like Matallana, many of those with fibromyalgia need to start very slowly.

Clauw sometimes tells his patient to think of exercise like taking a medication that starts out with a low dose and increases over time. For example, you can start walking just five minutes a day for a week and then add a minute each week until you’re up to 20 to 30 minutes a day. “It might take 15 weeks to reach that point, but that’s OK,” Clauw says. “For people who aren’t used to exercising, we focus on getting them to be more active and don’t even call it exercise,” he adds. “Instead, we talk with them about being more active, such as walking a bit more or climbing a flight of stairs.”

Moving your body at all may be difficult at first, but as you continue, you should notice that the activity gets easier.

A 2010 study published in *Arthritis Research & Therapy* found that regular daily activities, such as taking the stairs, gardening, or doing chores, can help reduce pain and improve daily functioning for those with fibromyalgia. “This study shows us that every bit of activity is beneficial for fibromyalgia pain,” Clauw says. “It doesn’t need to be a formal exercise program.”

Fibromyalgia Exercise Step 3: Listen to Your Body

If you were very active before fibromyalgia, you may need to learn a different approach to exercise now. Many people try to do too much too soon and then feel frustrated when their symptoms flare up.

“For those who were used to being athletic, we often need to teach them to listen to their body and learn to take it more slowly than they may be used to,” says Kim D. Jones, PhD, associate professor at the Oregon Health and Science University School of Nursing in Portland.

Eventually, you will learn what level of exercise is good for you and how much is too much.

Fibromyalgia Exercise Step 4: Do Something Every Day

“To get the most benefit from exercise, you really need to do it on a daily or almost daily basis,” Clauw says. “So for many people, the best options may be walking or using exercise equipment, since these are activities that are easily accessible most days of the year.”

Exercising in a warm pool is another good way to start being active. Warm water has a soothing effect on muscles and joints and may make exercise less painful. But even if you start in a pool, it’s still a good idea to work towards a ground-based workout.

“I’m not a big fan of the continued use of warm water exercise because most people don’t have access to a heated pool every day,” Clauw says.

Cycling, running, yoga, strength training, and low-impact exercise classes are just a few other ways to get exercise and help ease the symptoms of fibromyalgia.

“The most important thing is to find some kind of exercise you enjoy,” Matallana says. “Take a walk, visit your neighbor, walk the dog. If you can find a friend or family member to exercise with you, that can be helpful, too.”

Fibromyalgia Exercise Step 5: Modify Your Workout

Whether you’re walking or participating in an exercise class, these exercise tips can help prevent injury or pain:

- **Exercise at the time of day that you feel best.** For many people with fibromyalgia, this is between 10 a.m. and 3 p.m. But your best time may be different.
- **Stretch.** This can help warm up muscles and minimize pain after exercise. You can stretch while lying down, standing, or sitting in a chair. Some people may find it helpful to stretch in a warm bath or shower.
- **Take small steps.** When walking, try not to swing your arms too much or take big steps. Walk on flat, even surfaces to reduce your risk of falling.
- **Ease into strength training.** For strengthening exercises, consider using elastic bands instead of weights and start with a single set of repetitions.
- **Pace yourself.** When doing stretching or strengthening exercises, alternate sides often and take a short rest between repetitions.
- **Take breaks.** Again, listen to your body. “When I was first starting, I’d rest after just a few minutes of exercise,” Matallana says. “Don’t be afraid to go as slowly as you need to.”
- **Pamper yourself afterward.** When you’re finished exercising, take a hot shower or bath.

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Public transportation is available to get

To a doctor's appointment or a Metro

Fibromyalgia & CFS support meeting.

FISH DIAL-A-RIDE

1-888-660-2007

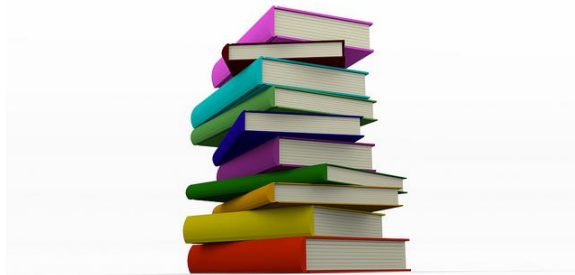
TRANSIT BUS

734-466-2700

CHECK US OUT

Learn more about the group online at:

www.MetroFibroGroup.com



LIBRARY

We have books available for you to

Read. We ask that you return them so that

Others may read them.

RESOURCE ORGANIZATIONS

If you are looking for information on fibromyalgia, CFS or pain management, check out these sites.

Fibromyalgia & Chronic Fatigue Syndrome

Visit www.afsafund.org to learn more about research, education and patient advocacy for fibro and chronic fatigue syndrome.



National Fibromyalgia Partnership, Inc.

Visit www.fmpartnership.org for patient information and support resources.

International Association for Chronic Fatigue Syndrome.

Visit www.iacfsme.org to learn more about this non-profit organization that promotes physician education and increased awareness of chronic fatigue syndrome.

Also the Metro Fibro group is on Facebook.

