

**No VA CFS / FMS Support Group
with CFSupport
December 2006 Print Newsletter**

Meetings: - 3rd Saturdays - 2-4 PM - Mason Governmental Center-Large Conference Rm- 6507 Columbia Pike, Annandale VA 22003. Free, close parking. No stairs. Same building as the Mason District Police Station, inside beltway, between Sleepy Hollow & Lincolnia Rds. Meetings facilitated by Elly Brosius.
Please refrain from wearing scented products.

The NoVA CFS/FMS Support Group with CFSupport is an informal educational discussion group with meetings, a Yahoo group for email outreach and a website with many resources. We welcome people with Chronic Fatigue Syndrome, Fibromyalgia and related disorders such as IBS, MCS, & the Orthostatic Intolerances: NMH, POTS and MVPS / dysautonomia. We are volunteer and peer lead by volunteers who respect and talk fluently about the symptoms and issues surrounding conditions in depth. Please join us and share in our discussions, speaker events, and low volume e-mail list.

See our website for:

- lists of practitioners, health care & legal
- books, videos, articles, links
- more organizations for CFS/FM and other
- clinical trial info, research information
- coping tips, treatment articles
- media coverage, conference information
- detailed newsletters, and more.

Headlines, Media Alert!

-Nov 3, 2006; Group leader Elly Brosius featured on NBC national news in the new CFS Public Awareness Campaign. Video in Real Player available.
www.ksl.com/index.php?nid=248&sid=616148

-December 2006: Actor from The Wiggles, Greg Page, brings attention to Orthostatic Intolerance when he has to leave his job.

2007 Schedule So Far

3rd Saturdays - 2-4 PM
6507 Columbia Pike, Annandale, VA

January 20

Chuck Fuller, Attny, McChesney & Dale
Long Term Disability Income
Applying for and Keeping Benefits
(Main Community Room)

February 17

(Main Community Room)

SPECIAL SPRING MIND BODY LECTURES

March 17

Jonathan Gilbert, NCCAOM
Chinese Medicine Herbalist &
Anita Bains MS, RN, CS-P
Advanced Practice RN, Psychotherapist
Herbal Brews & Evolving Views:
Reuniting Body & Mind in CFS, FM, & M.E.
(Main Community Room)

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April 5

Special meeting with & at Pain Connection®
Fred Friedberg, PhD, Psychologist
CFS & FM Researcher, Author, PWC
LifeStyle Balance Program for
Less Pain and More Energy
Thursday, 1:30-3:00 PM, Davis Library
6400 Democracy Blvd, Bethesda, MD

April 21

May 12

International CFS & FM Awareness Day

May 14-15

CFIDS Lobby Days, Washington, DC

May 19

June 16

July 21

August 18

September 15

October 20

November 17

December 15 – (Main Community Room)

Elly Brosius (703) 968-9818
Toni Marshall (410) 647-7578

Website Expanding

Our “geocities.com/cfsnova” is in a growth spurt! New sections include art and photo galleries; Q&A, Our Way; Global Events; more FM and CFS support groups around world; search boxes; more practitioners categories; more resources, references and links; more resources categories including Lyme, IBS, Recovery Stories, Travel, & Holiday.

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

Dec 29, Fri, 5 pm – Conference Call
Call (218) 936-6666; Usual code: 33669933

Feb 1, Thurs, 4:30-6:30 pm, In person at The Gilbert Clinic conference room, Suite 1205, 11300 Rockville Pike, N. Bethesda, MD. (301) 230-2530.

National CFS/FM Organizations

CFIDS Association of America

(704) 365-2343; cfids.org

National Fibromyalgia Partnership

(866) 725-4404; fmpartnership.org

National Fibromyalgia Association

(714) 921-0150; faware.org

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

New Documentary Film!
“Living with Fibromyalgia”
livingwithfm.com
\$19.95 DVD

Northern Virginia CFS/FMS Support Group & CFSupport

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

Email: CFSsupport-owner@yahoogroups.com
Website: www.geocities.com/cfsnova
Email Sign Up:
groups.yahoo.com/group/cfsupport &
CFSsupport-subscribe@yahoogroups.com

More Support

(See also our Web Page of: “OtherGroups” Page)

Pain-Connection.org (301) 309-2444
FM Group meets in Silver Sp (301) 986-8746
FM Group meets in Burke (703) 913-0890

NoVA MVPS/Dysautonomia & OI Group

(OI = Orthostatic Intolerance) 2nd Tuesdays,
Noon, Centreville, VA.

(703) 968-9818. Website:

www.geocities.com/cfsnova/mvpsoi.html

Chronic fatigue syndrome (CFS/CFIDS) has long-lasting, multiple effects including severe exhaustion, widespread muscle weakness and pain, disabling problems with memory and concentration, and persistent flu-like symptoms.

Fibromyalgia Syndrome (FMS/ FM) is a complex, chronic state known for its widespread pain and fatigue, with a variety of other symptoms. The name derives from "fibro" meaning fibrous tissues (such as tendons and ligaments), "my" meaning muscles, and "algia" meaning pain. FM is pain in the soft tissues around joints, skin, and organs throughout the body.

Dysautonomia means dysfunction of the ANS (autonomic nervous system) and involuntary functions such as respiration, blood pressure, heart rate, and digestion. Symptoms include neck, back, and other muscular aches, tension or twitching; lightheadedness; irritable bowel; chest pain; panic; anxiety; fatigue; migraines; weakness; alcohol and heat intolerances; pallor or redness of extremities; numbness /tingling; depression/mood swings; loss of concentration; hypersensitive startle reflex; memory problems or foggy thinking; swelling of extremities, feelings of electrical current; skin problems; sleep difficulties; allergies; feeling hot or cold-unrelated to external temperature; visual disturbances and more.