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PRESIDENT'S PRATTLE

Firstly, I need to make an official apology to our members. Over the last 12 months we were unable to keep up with our Membership promises as we had such a large turnover of volunteers and no one to help cover the many roles that became vacant. We have let our members down and for that we are very sorry. As of Feb 2019 we have a new committee. I have been training everyone into their new roles and going forward we will be better able to keep our promises to our members.

We are always looking for volunteers, across the state, so if you have some free time and want to give back to the community [please get in touch](#)

On Sunday 31st March 2019 we are holding an open day at our offices 11/3 Benjamin Way Rockingham from 11-2pm. Can down and meet the team and learn about who we are and what we do then join us for a sausage sizzle across the road in the park. \$5 for sausage sizzle and a drink.

We have so much coming up so please make sure you check out our website so that you don't miss out on any events. www.fibro-us.org

Are you into crafts? We are needing people who enjoy doing crafty things to either run a workshop or to help make our awareness products. [Please let me know if you interested](#)

If you have any articles you would like to see or any suggestions that we could put into place please let us know, we are always looking for more ideas

May is Awareness month for Fibromyalgia, please help us raise awareness by wearing purple or holding an awareness event. To see some suggestions checkout our [awareness page](#)

I think that about covers everything from me for this month. I hope you enjoy reading this month's newsletter. Until next month take care.

Courage is not having the strength to go on; it's going on when you don't have the strength to go on.Theodore Roosevelt....

Michelle
Founder/President

May 12th
**FIBROMYALGIA
AWARENESS DAY**



Acupressure Points & Massage Treatment

Used for thousands of years in China, acupressure applies the same principles as acupuncture to promote relaxation and wellness and to treat disease. Sometimes called pressure acupuncture, Acupressure is often thought of as simply acupuncture without the needles. But what exactly is acupressure and how does it work?

What Is the Theory Behind Acupressure?

Acupressure is just one of a number of Asian bodywork therapies (ABT) with roots in traditional Chinese medicine (TCM). Examples of other Asian bodywork therapies are medical qigong and Tuina. Shiatsu is a Japanese form of acupressure.

Traditional Chinese medical theory describes special acupoints, or acupressure points, that lie along meridians, or channels, in your body. These are the same energy meridians and acupoints as those targeted with acupuncture. It is believed that through these invisible channels flows vital energy -- or a life force called qi (ch'i). It is also believed that these 12 major meridians connect specific organs or networks of organs, organizing a system of communication throughout your body. The meridians begin at your fingertips, connect to your brain, and then connect to an organ associated with a certain meridian.

According to this theory, when one of these meridians is blocked or out of balance, illness can occur. Acupressure and acupuncture are among the types of TCM that are thought to help restore balance.

How Does Acupressure Work?

Acupressure practitioners use their fingers, palms, elbows or feet, or special devices to apply pressure to acupoints on the body's meridians. Sometimes, acupressure also involves stretching or acupressure massage, as well as other methods.

During an acupressure session, you lie fully clothed on a soft massage table. The practitioner gently presses on acupressure points on your body. A session typically lasts about one hour. You may need several sessions for the best results.

The goal of acupressure or other types of Asian bodywork is to restore health and balance to the body's channels of energy and to regulate opposing forces of yin (negative energy) and yang (positive energy). Some proponents claim acupressure not only treats the energy fields and body but also the mind, emotions, and spirit. Some even believe that therapists can transmit the vital energy (external qi) to another person.

Not all Western practitioners believe that this is possible or even that these meridians exist. Instead, they attribute any results to other factors, such as reduced muscle tension, improved circulation, or stimulation of endorphins, which are natural pain relievers.

What Are Common Acupuncture Points?

There are literally hundreds of acupuncture points on the body -- too many to name. Here are three that are commonly used by acupuncturists and acupressure practitioners:

- Large intestine 4 (LI 4): This is in the soft, fleshy web between your thumb and forefinger.
- Liver 3 (LR-3): Located on the top of your foot up from the space between your big toe and next toe.
- Spleen 6 (SP-6): This is about three finger widths above your inner anklebone

Which Health Problems Benefit From Acupressure?

Research into the health benefits of acupressure is in its infancy. Many patient reports support its use for a number of health concerns. More well-designed research is needed, though. Here are a few health problems that appear to improve with acupressure:

Nausea Several studies support the use of wrist acupressure to prevent and treat nausea and vomiting:

- After surgery
- During spinal anaesthesia
- After chemotherapy
- From motion sickness
- Related to pregnancy

The PC 6 acupressure point is located in the groove between the two large tendons on the inside of the wrist that start at the base of the palm. There are special wristbands that are sold over the counter. These press on similar pressure points and work for some people.

Cancer In addition to relieving nausea right after chemotherapy, there are individual reports that acupressure also helps reduce stress, improve energy levels, relieve pain, and lessen other symptoms of cancer or its treatments. More research is needed to confirm these reports.

Pain Some preliminary evidence suggests that acupressure may help with low back pain, postoperative pain, or headache. Pain from other conditions may benefit, as well. To relieve headache, the LI 4 pressure point is sometimes tried.

Arthritis Some studies suggest that acupressure releases endorphins and promotes anti-inflammatory effects, helping with certain types of arthritis.

Depression and anxiety More than one study suggests that fatigue and mood may improve from the use of acupressure. Better designed trials are needed to be sure.

Are There Any Precautions With Acupressure?

In general, acupressure is very safe. If you have cancer, arthritis, heart disease, or a chronic condition, be sure to have a discussion with your doctor before trying any therapy that involves moving joints and muscles, such as acupressure. And, make sure your acupressure practitioner is licensed and certified.

Deep tissue work such as acupressure may need to be avoided if any of the following conditions apply: The treatment is in the area of a cancerous tumour or if the cancer has spread to bones

- You have rheumatoid arthritis, a spinal injury, or a bone disease that could be made worse by physical manipulation
- You have varicose veins
- You are pregnant (because certain points may induce contractions)

WebMD Medical Reference Reviewed by David Kiefer, MD on October 21, 2017



Facebook Group

www.facebook.com/groups/fibro.events

Facebook Events Page

www.facebook.com/fibro.us.events

Twitter

www.twitter.com/FibroandUs

Instagram

www.instagram.com/fibroandus

LinkedIn

www.linkedin.com/in/fibro-us

Website

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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 Coffee & Chat. If you're interested please contact [Deb](#)

Coffee & Chat

Baldivis – Dome Café – 3rd April - 10.30

Kwinana – Dome Cafe – 26th April - 10.30

Wanneroo – Muffin Break – - 10.30

Northam – Happy's Coffee Pot

Secret Harbour – Dome Café – 27th April – 11am

Albany – The View – 26th April – 10.30

Kalgoorlie – TBA

Armadale - Mooba Cafe Shipwreck Park – 5th April– 11am

Mandurah – San Churros – 28th April – 11am

**We will have a number of new locations soon.
Watch this space!**

All Coffee & Chat dates can be found on our website

<https://www.fibro-us.org/coffee-chats>

You are always welcome to come into our office for a coffee & chat during business hours.

UPCOMING EVENTS

Unmask Fibromyalgia Masquerade Ball 2019

12th October 2019

Living with Fibromyalgia Information Sessions

May 18 - Day

Community Open Day

31st March 2019

Awareness Day High Tea

11th May 2019

Blast from the Past Quiz Night

June 22nd 2019

Juvenile Primary Fibromyalgia Syndrome

Background

Juvenile primary fibromyalgia syndrome (JPFS) is a musculoskeletal pain syndrome characterized by multiple discrete tender points (TPs), fatigue, and sleep disturbance in the child and adolescent. JPFS can be chronic in nature and can necessitate a multidisciplinary approach to the ongoing treatment of the disorder. The pain experienced is modulated by factors such as activity, anxiety, stress, and weather changes.

The diagnosis is made on the basis of the presence or absence of specific criteria that have been found to be consistent with those who experience JPFS. The chronic nature of fibromyalgia in the pediatric population suggests consequences for psychosocial development and implies a more difficult transition from childhood to adulthood.

The core feature of fibromyalgia is widespread musculoskeletal pain, with multiple TPs and other associated features (eg, fatigue, joint stiffness, skin tenderness, postexertional pain, sleep disturbance, irritable bowel symptoms, poor memory, tension headaches, dizziness, fluid retention, paraesthesias, restless legs, bruising, and Raynaud phenomenon). Chronic musculoskeletal pain affects quality of life, whereas fatigability influences motor response and ability to complete activities of daily living within an expedient time frame.

The understanding of fibromyalgia syndrome (FMS) in children is still in its infancy stage; however, great strides have been made in both diagnosis and treatment in the past 10 years. Because the prevalence of FMS in children is increasing, diagnosing the disorder early in its course and then recommending a multidisciplinary approach to treat the child's disorder are important. An approach that involves support for the family and specific recommendations for treatment may help decrease the symptomatology and increase the child's functioning.



Fibromyalgia is NOT age, race or gender specific

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



We will be at:

Rockingham Have a Go Day (Live Lighter event)

Date: Wednesday 17 April 2019

Time: 10am - 2pm

Location: Aqua Jetty, Warnbro Sound Avenue, Warnbro

The Rockingham Branch of the Seniors Recreation Council of WA invite you to their eighth annual Have a Go Day (Live Lighter). Many new stallholders, free tea, coffee and water, Curtin Radio broadcasting 'Live'. Have a chat with Jenny Seaton.



WEIRD CHEST PAINS

Are you having strange chest pains that doctors can't seem to make sense of? If you've had weird chest pains before, you may have gone to the ER only to be told that "nothing is wrong with you" and "it's just anxiety".

What the doctor may be overlooking is a condition called **costochondritis**. This condition is fairly common in FM

What Is Costochondritis?

Costochondritis (pronounced COST OH KON DRY TIS) is an inflammation of the cartilage that connects your rib to your breastbone (sternum).

The pain caused by costochondritis can range from mild to severe. For example, a mild case may cause your chest to feel tender to the touch, or you may only feel pain if you press on a certain area of your chest.

A severe case of costochondritis can cause unbearable chest pain that could also be accompanied by shooting pains that travel down your arms. (This could also be a sign of a heart attack, so if you're having these symptoms, seek immediate medical care.)

What Causes Costochondritis?

Costochondritis can be caused by a variety of lifestyle circumstances and underlying health issues.

These include:

Chest trauma (blunt impact from a fall, being hit in the chest with a heavy object, or a car accident)

Heavy lifting and strenuous exercise

Respiratory conditions such as tuberculosis or syphilis (these can cause joint inflammation)

Severe allergies

Rheumatoid arthritis

Osteoarthritis

Reactive arthritis

Ankylosing spondylitis

Fibromyalgia

What Are the Symptoms of Costochondritis?

The symptoms of costochondritis can be different depending on the person, their health, and the severity of their condition.

The most common symptoms are:

Pain in the upper and middle rib area that may travel to the back or abdomen

Chest pain that increases when moving, stretching, coughing, lifting, or taking deep breaths

A feeling of pressure in the chest

Tenderness when affected ribs are pressed where they meet the breastbone

Pain located on the left side of the breastbone

Pain that affects at least one rib (but usually affects more)

Note: You may also notice a decrease in pain when your body is at rest and you are breathing calmly.

How Is Costochondritis Treated?

The majority of cases of costochondritis are treated with over-the-counter anti-inflammatory drugs such as ibuprofen or naproxen. Your doctor may also recommend a reduction in strenuous exercise, temporary bed rest, gentle stretching exercises, physical therapy, hot or cold therapy, and/or the use of a TENS unit.

Lifestyle Changes That Can Help Treat Costochondritis

Diet

As with any inflammatory condition, chronic costochondritis may indicate an underlying problem with chronic inflammation, which may indicate severe allergies and/or an autoimmune disease.

Also, there is a strong connection between celiac disease and non-celiac gluten sensitivity and chronic inflammation. If you have either of these conditions, a gluten-free diet can help ease your pain considerably.

Furthermore, if you're living with any type of chronic pain, it's a good idea to stop eating fast food and other convenience foods as they are loaded with inflammation-causing ingredients, and they may make your symptoms worse.

Instead, opt for an anti-inflammatory diet consisting of organic vegetables, fruits, nuts, seeds, meat, poultry, and fish.

Herbs

There are also certain herbs that have been shown to decrease inflammation naturally.

For example:

Turmeric

Turmeric is a kitchen spice commonly associated with Indian cuisine. Multiple scientific studies have shown it to be beneficial in the natural treatment of certain chronic pain conditions.

Boswellia

Boswellia, also known as Indian frankincense, is a powerful natural anti-inflammatory that has been shown to effectively treat osteoarthritis, rheumatoid arthritis, and IBD.

Ginger

Ginger has been shown to reduce inflammation and muscle soreness after exercise. It may also reduce inflammation linked to breast cancer, colitis, diabetes, and kidney damage.

Always Go to the ER If You Have Chest Pain

You should **always seek immediate medical care if you have chest pain**, especially if this is your first time having chest pain, regardless of your age. While chest pain may indicate something like costochondritis, it could also indicate serious heart problems.

If this is a recurring problem for you, talk with your doctor about the possibility of costochondritis and what he or she thinks you should do to treat it.

Natural remedies and lifestyle changes are a good way to go, but only if you know exactly what you're dealing with.

If you've been having strange chest pains, and your doctors can't figure out what's going on, it could be costochondritis. Talk with your doctor about this possibility, and if he or she does not listen or take you seriously, seek a second opinion. You deserve to be heard, helped, and treated with respect.

Sources:

<https://draxe.com/costochondritis/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5427773/>

<https://www.ncbi.nlm.nih.gov/pubmed/23391017>

<https://www.ncbi.nlm.nih.gov/pubmed/26516737>



Living with Fibromyalgia Information Day

This year we are changing our format for our Information Days and including Mini Bites. These will be held monthly for 2 hours with 1 or 2 speakers. Our Mini Bites will be \$5 and our Information Days which will be a full day with around 6 speakers will still be \$15, which will include tea/coffee and light lunch.

May 18 - Day – **Speakers** - Vicki White, Laura Raghunathan , Helen Gaunt,

Jun 15 - Mini – **Speaker** – Lissi Starlet

Jul 20 - Mini -

Aug 17 - Day

Sep 21 - Mini

Nov 23 – Day

More information can be found on our website. www.fibro-us.org/bookings



Our training room is available to hire

Are you looking for somewhere to hold workshops or small event training?

Our training room is available to hire for \$15/hour

Please contact Michelle 0410902247 for more details or bookings.

SPONSORS/PARTNERS

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



UPCOMING EVENTS

Blast from the Past Quiz Night

22 June 6:00pm – 11:59pm

Darius Wells Library and Resource Centre



Grab you love beads, old forty fives. Dust of your bell bottoms
For a Quiz Night that jives Get ready for a great night
heading back to the 60/70 and 80s.

There will be a Fun Night of trivia, air guitar comp, prize
for best outfit, games to play and door prize plus much
more.

Come and enjoy a hilarious night of fun and games at our
Blast from the Past Quiz Night

BYO Food and drinks. Cool drinks can be purchased on
the night

\$15 pp Tables of 8

Full Paid members price \$12

[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!](#)



Community Open Day

31 Mar., 11:00 am – 2:00 pm

**Fibro & Us Head Office, 3 Benjamin Way, Rockingham WA
6168, Australia**

As part of neighbour day we are inviting everyone to come
and meet the team and learn about what we do. Then
afterwards join us for a sausage sizzle in the park.

2019's theme for Neighbour Day will be 'loneliness – what
neighbours can do to create connections'. We understand
how illness can create social isolation so come along and
meet those in the area and connect with others.

This is a community event which is open to everyone.

We look forward to seeing you.

[Register now](#)



neighbour day
Last Sunday in March

www.neighbourday.org

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

Sleep Aids for People with Chronic Pain

Whether it is the inability to fall asleep, to stay asleep for the recommended seven to eight hours, or waking too early (for example, 4 a.m. versus 6 a.m.), chronic pain can cause sleep problems in a number of ways. Lack of sleep can worsen pain, and of course more intense pain then continues to interfere with sleep, so the two symptoms can become a vicious cycle. This makes sleep aids an important component of many treatment plans for people suffering from chronic pain.

It has been estimated that nearly two-thirds of those with chronic pain suffer from a sleep disorder. For those people, there are a variety of sleep aids available to address sleep problems and make it more likely that they will have more restful nights. Typical sleep aids include:

- Adopting habits that facilitate sleep, and condition the body to fall to sleep
- Using psychological techniques that can develop the mental state needed to fall to sleep and stay asleep
- Constructing the right sleep environment to minimize pain, including the right pillow(s) and mattress
- Using appropriate over-the-counter or prescription medication

Changing Behaviour is one of the Best Sleep Aids

Eliminating behaviours known to interfere with sleep and adopting actions that can signal the body that it is time to prepare for sleep are both critical aspects of combating sleep problems.

Patients should avoid the following:

- Having caffeinated drinks like coffee, tea or soda within six hours of bedtime, which are stimulants
- Exercising within four to six hours of bedtime, because it can energize the body and require time to recuperate
- Eating too much, or eating spicy foods, close to bedtime because the body will not be as restful while digesting food
- Using alcohol or nicotine, both of which can disrupt sleep

In contrast, activities that alleviate pain and prepare the body for sleep can lead to higher-quality rest. These include:

- Vigorously exercising early in the day, which will help lead to deep sleep at night
- Taking a warm bath in the evening, which can relax muscles
- Stretching for three to five minutes before going to bed, which can loosen joints and make assuming a comfortable position in bed more likely
- Drinking a warm, non-caffeinated beverage about an hour before bedtime, such as warm milk, or herbal tea

In addition, going to bed and waking up at generally the same time every day will help reinforce a 'sleep cycle' that the body will recognize and to which it will respond appropriately.

Two additional sleep aids include utilizing psychological approaches to reduce pain and fall asleep and setting up a sleep-conducive environment.

Using Psychological Approaches to Minimize Pain at Bedtime

"Mind over matter" can help patients override or re-balance pain signals with more pleasant, sleep-inducing thoughts. A few techniques that have proven successful are:

- **Hypnosis**, which can help a patient associate certain actions with sleep (such as turning off lights or closing doors and drapes)
- **Visualization** of something peaceful or relaxing, like clouds in a night sky, can be a good transition from the work day to more restful nighttime
- **Meditation or other relaxation practices** that incorporate deep breathing and aim to free or compartmentalize feelings of stress and in the body
- If worrying is a major deterrent to sleep, try "**forced worrying**". Several hours before bedtime create a brief period of time (15 minutes or so) to write down worries. Then leave the room where you wrote down the worries, and if worrying recurs, remind yourself that you will have time to think about these worries tomorrow.

Creating an Environment Conducive to Sleep

A comfortable bed and inviting bedroom can also be effective sleep aids, and can make a difference in the quality of sleep experienced. The following can make for a restful environment:

- Body or neck pillows to provide support; pillows under the knee, or between the knees if a patient sleeps on his side, can relieve stress on painful areas
- A high quality mattress that is both comfortable and provides adequate support
- Appropriate levels of light and sound. Light can be minimized using black-out curtains, and noise diminished by a solid wood door between rooms. Alternatively, gentle music can provide a soothing background to drift off.



Chronic Pain Treatment

Step by Step

There exists a standard of care when it comes to treating chronic spinal pain. Each of the steps listed below is pretty standard across the board, age is not a factor in these steps.

You first start to experience pain in one part of your spine. This goes on for a period of time and can be the result of some trauma and something you are not even aware of. How long do you wait before seeking treatment? So much depends on the individual. Everyone has a definite threshold for pain, so that always comes into play. Only to be used as a guideline, if after 10 days and you do not see any improvement in your situation, you are almost ready for the first step. If you feel the situation is getting worse, than go directly to step 1 and get started. But please, for many a peace of mind is very important. In those cases start step 1 now.

Step 1 – Your Primary Care Doctor

Visit to your primary care, who may or may not send you for xrays to check for fractures and standard alignment of the spine. Your PCP may prescribe some anti inflammatory medications, and muscle relaxers. If the problem has existed for more than a week or so or may prescribe short term pain medications on a temporary basis. Depending on the results of these treatments, the next step may be started.

Step 2 - The Specialists

Depending on your insurance coverage, you may or may not require pre approval or referrals to see either a board certified orthopedic doctor or a neurosurgeon who specializes in the Spine.

Consult with Spine surgeon or physiatrist includes examination of your spine, reflexes, discussion of where the pain is located to help rule in and out areas that may be of concern. You may be given a prescription for an **MRI**. A Magnetic Resonance Imaging study shows the soft tissue of the spine, as well as the hydration of the discs between the vertebra, and the alignment of the spine. It can show if there are areas of compression of either the spinal canal or the exits for the nerve roots as they pass through the foramen between each vertebra. Additional diagnostic tests may be order. One could be an **EMG** Electromyography procedure to assess the health of muscles and the nerve cells that control them (motor neurons). As with each step, a review of your progress may determine the following action.

Step 3 – The Beginning of Conservative Treatments

For so many, a referral for physical therapy (usually 6 weeks or so in duration.) could be setup. The therapist report back to your doctor in terms of progress, good or bad. For many, this could be the end of any additional steps or actions. This does **not mean** you are fine and can go back to doing anything you want. More than likely you will have a set of exercises and restrictions which you need to follow.

You may again be asked to return to physical therapy for more exercises and core strengthening. Even when physical therapy is discontinued, it is very important to continue the exercises given to you during PT since they continue to strengthen weakened muscles and help to protect your spine from further injury.

You may also be scheduled for a series of injections- this is done if there are findings on the studies and exams that show areas of concern. These injections serve two purposes, the first being that it helps to determine if a suspected area of concern is in fact the source of your pain, and there is also a therapeutic component. In many cases, the medications in the injections soothe inflamed tissue in the spine and can relieve pain. You may find that if the first injections do not relieve the pain, that the doctor suggests that you have more injections but a different type. This is also to determine if an area is in fact a pain generator, and to see if there is any therapeutic benefit to the injections. If they do not work, after usually two in a series, the doctor may determine not to continue them.

Medications may be trialed- however there is a sequence to those medications. Usually the starting medications include things like prescription based anti –inflammatory medications (such as Voltaren , naproxen or ibuprofen), muscle relaxants (tizanadine, Relafen, baclofen and others)- possibly some nerve pain medications such as Topamax, Lyrica, or Neurontin (gabapentin), anti- depressants used off label work wonders for neuropathic pain, and you may be trialed on a medication for pain such as tramadol /Ultram. It is important that you give each new medication a proper trial.....it can take a few days to several weeks before you see the benefit of a medication so it is imperative that you wait at least two weeks, preferably a month and at least one dosage adjustment before saying that a medication is not helping. This applies to all medications that are new to you, but especially with some of these particular medications. They take some time to build to a therapeutic level so you may not see a big benefit for a week or more after each dosage adjustment or introduction to your treatment plan.

Set realistic objectives when it comes to your pain levels and what you can live with. If you are reporting that your pain levels un-medicated are at a 8, then a realistic goal is a reduction of 50% using pain medications and other modalities. This is the goal that almost all PM doctors use when treating pain.

Use ALL of the other modalities, because each” tool “ that you use regularly adds to your PM toolbox and together they add up to more efficient and better overall pain control. Use your breakthrough medications if you are given them sparingly. Not for every single pain flare. Try ice, heating pads, hot showers, stretching, biofeedback, guided imagery, swimming or just plain resting for a bit to deal with flares first. If those don’t work, call your doctor and ask him what else you can do to ease the pain.

workshops

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

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

COME & JOIN US AT THESE WORKSHOPS

Candle Making	3 rd April	\$20pp
Sewing Classes	5 th April	\$30pp
Card Making	1 st April	\$20pp
Butterfly workshop	29 th March	\$10pp
Nutrition	4 th May	TBA



2019 will see us implement some new initiatives as part of our ACT BELONG COMMIT partnership. One of those will be a fitness group. The program will include light exercise such as yoga, ti-chi. We aim to have this program up and running by March.

Watch this space!!



The other initiative we will be implementing during 2019 is our Wellbeing Services. This will *hopefully* include discounted haircuts, nail technicians and massage therapy just to name a few.

JUST FOR A LAUGH

Our top collection of funny blonde jokes, including everything from dumb blonde examples to plain silliness!

- Blonde: What does IDK stand for?
Brunette: I don't know
Blonde: Why doesn't anyone know!
- Why can't a blonde dial 911? She can't find the eleven.
- How come it takes so long to build a blonde snowman? Because you have to hollow out the head.
- What did the blonde say when she saw the Cheerios box? "Omg, donut seeds!"
- Two blondes fell down a hole. One said, 'It's dark in here isn't it?' The other replied, 'I don't know; I can't see.'
- What can strike a blonde without her even knowing it? A thought.
- Why did the blonde stare at frozen orange juice can for 2 hours? Because it said 'concentrate'.
- Why did the blonde scale the glass wall? To see what was on the other side.
- Why were there bullet holes in the mirror? A blonde tried killing herself.
- How did the blonde die while raking leaves? She fell out of the tree.
- What do you do if a blonde throws a grenade at you? Pull the pin and throw it back.
- How do you drown a blonde in a submarine? Knock on the door.
- Why did the blonde tip-toe past the medicine cabinet? So she wouldn't wake up the sleeping pills.
- A blonde decided to paint a room. When her husband got home, he asked, 'Why are you wearing an Alaskan and a winter coat?' She replied, 'The can said for best results apply 2 coats.'
- How can you make a blonde go on the roof? Tell her that drinks are on the house.
- Three blondes walk into a building. You'd think one of them would've seen it.

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.

PRAWN STIRRY FRY

Ingredients

- spray olive or canola oil spray
- 1 onion
- 3 cloves garlic
- 2 carrots
- 1/2 zucchini
- 1 bunch bok choy
- 1 400 g can baby corn spears
- 300 g uncooked (green) prawn, defrosted
- 440 g Hokkien egg noodles
- 3 tbs sweet chilli sauce
- 3 tbs reduced-salt soy sauce

Method

1. Thinly slice the onion, garlic, carrots, zucchini and the bok choy stems. Drain the corn spears, tear the bok choy leaves in half and peel the prawns (if required).
2. Heat oil in a large wok or frypan and stir fry the onions till soft. Turn the heat up to medium-high and add the garlic, carrots and bok choy stems and cook for 3-4 minutes.
3. Add the corn, bok choy leaves and prawns, and cook for 3-4 minutes, until the prawns are cooked through.
4. Add the noodles and sauces and mix till everything is hot, being careful not to overcook the prawns. If using pre-cooked prawns, add them at this step.



Signs You're Not Getting Enough Vitamin B6

This hard-working vitamin holds many big jobs. It affects your mood, appetite, sleep, and thinking. You need it to fight off infections, turn food into energy, and help your blood carry oxygen to all corners of your body. While it's rare to run low of it, you can't afford to do so.

Flagging Energy

If your body is very low on B6, you can get anemia, which is too few red blood cells. That would make you feel tired and weak. Anemia can also come from not having enough iron in your body. Shortages of other vitamins, like B12 and folate, also may cause it

Rashes

Signs that you lack B6 can show up on your skin. Your body goes through chemical changes. That most often leads to a scaly, itchy rash, usually on your face, called seborrheic dermatitis. The rash may get more and more obvious with time. If you have a minor shortage, the symptoms could take months or years to show up.

Dry, Cracked Lips

Your mouth could be a good place to spot any shortage of B6. Your lips might be scaly, and the corners could be cracked. Your tongue might swell.

Weak Immune System

A shortage of B6 may make it harder for your body to resist infections and diseases. That can turn into a vicious cycle. Cancer and other illnesses can deplete your B6 supply. So you'd need to get even more of the vitamin to make up for that. You can do that easily with a B6 supplement.

Numb Hands or Feet

Do your fingers tingle? Do your feet feel numb? The culprit may be a nerve disorder called peripheral neuropathy. Lack of B6 may help trigger it. It and other B vitamins like B12 are essential to keep your nerves healthy.

Foggy Brain

B6 helps regulate your mood and memory. If you notice feeling confused or sad, especially if you're a senior, a shortage of this vitamin could be the reason. It may make you more likely to get depressed after a stroke, fractured hip, or other major illness. B6 sometimes works in tandem with other B vitamins. If you run low, it may slow your mental abilities.

Daily Dose

The amount of B6 you need each day depends mainly on your age. Babies 7-12 months old need 0.3 milligrams a day. You need more as you grow. If you're over age 50, you need at least 5 times as much: 1.7 milligrams a day for men and 1.5 milligrams for women. Pregnant women need it most of all -- 1.9 milligrams a day.

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



You can now find us at

11/3 Benjamin Way
Rockingham

Office Hours

Monday	9am - 3.30pm
Tuesday	9am - 3.30pm
Wednesday	CLOSED
Thursday	9am - 3.30pm
Friday	9am - 3.30pm
Saturday	CLOSED
Sunday	7 th April 2019

Drop in for a coffee & chat during office hours.

All our information days' mini bites and workshops will now be held at our offices.



We will be running a Pop Up Op Shop

Sunday 7th April 2019

**9am-3pm
11/3 Benjamin Way
Rockingham**

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.

Slang

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

ACCADACCA
ARVO
BBQ
BILLABONG
BLUDGER
BOGAN
BONZA
BOTTLE-O
BREKKY
BROKE
BROILY
CHOOK
CHRISSY
COBBER
COPPER
CRIKEY
DAG
DAKS
DAY
DAZZA
DRONG
FLANNO
FOOTY
MACCAS
MATE
MOZZIE
PASH
RUNNERS
SANGA
SHAZZA
SHEILA
SLAB
SNAG



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

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

Details are on the [website](#)

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 blow dry 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 1000 people. In our support group which has over 1500 members and growing every day and on our website

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



HBF Walk for a Reason Sunday May 19th



Join the Fibro & Us team

Let's Walk, Roll, Shuffle or Limp.... HBF Run (Walk) for a Reason.

Team Name Fibro & Us

Please register with the team at [\(it is important that you use the link to register\)](#)

<https://www.registernow.com.au/secure/RegistrationType.aspx?E=33190&G=84007>

MEET THE TEAM

Hello People

I am Michelle the New SOR Workshop Coordinator, I have a number of events in the pipeline and hope to encourage you all to get involved.

I have a history in Facilitating, craft events (I am very crafty), Day out adventures, weekend Retreats and many other a few activities.

I would love to hear from anyone who would like to share their Art and Craft passions, Health and Wellness expertise, or any other passions you would be keen to do talks on, have a 'class' etc.



You never know
how strong you are
until being strong
is the only choice
you have.





Wishing our April Babies a Happy Birthday

Donna Prytulak

Jeanne Armstrong

Anna Davies

Kim James

Tegan Montgomery

Roxy Ottrey

Angela Paterson

Rachel Louise

Erin Hutagulang

Sandie Clarson

Vicki Jones DE Jong

Ursula Kuznicki

Cathy Boyes

Tammie Satie

Bonnie Lucas

Kel Stoeckel

Chris Scambler

Julie Groves Wayne

Hannah MacKay

Fiona Clarke

Zoe Smith

To anyone else who is celebrating their birthday in April we wish you a

Happy Birthday

And may all your wishes and dreams come true.

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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.

Want to receive our newsletter [Sign up here](#)