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PRESIDENT'S PRATTLE

This month has seen the team working hard behind the scenes. We've put our 12 months of events into planning and started to set into place our own market which will eventually be held at the Clipper Inn each month. We will be holding more quiz nights with different themes, so far we have decided on 2 themes – The 50's and Australiana. These should be full of laughs. We've also decided that we would do something for the kids and hold a disco during one of the school holidays.

Our information sessions are currently being planned and EOI's have been sent out to a number of different people from different professions. The dates for these are the 20th May and the 9th September. If you would like to participate in one of these events as a speaker please [email me](#) with your information. We are also looking for different locations in the metro and rural area's to hold mini information sessions which will be run by those on the committee and some of our members who want to participate talking about what Fibromyalgia is, who we are as a support group and what we do, and things we have learnt to help make living with Fibromyalgia easier. Watch this space for more information.

Our Publicity Coordinator & Secretary have been working hard with me to make sure all of our policies are up to date and to implement some new ideas that will help us support our members better.

We are putting together a Sponsorship Folder and are looking for people who have benefited from the group to write a letter of recommendation. If you would be interested in helping us out with a recommendation please [email it to us](#)

We will be implementing a membership fee over the next couple of months. The money would go towards being able to assist our members even more than we already do and to be able to maintain the services we already provide. These will be:

\$10 for full membership which will include a discount to our events, newsletter, loyalty & birthday club as well as Helping Hands and the rights to vote at the AGM. (Under \$1/week and you can pay this off over the year if you're struggling)

\$5 part membership will include our newsletter and Helping Hands.

\$0 registered members will be entitled to our newsletter.

Non registered members will still be able to access information on Facebook.

We anticipate starting the membership from July, so if you were to become a paid member now you would have 4 FREE months

Each month I would like to showcase a business that supports us. This month we are showcasing Solice Healing Centre. I have had the pleasure of having a healing session of Reiki with Helen and tips and advice from Sheryn who is a Naturopath. These ladies are amazing, caring people and I would highly recommend them. If you would like to have your business showcased please let me know.

That's it from me for this month. I hope to catch you at an event or two soon.

Michelle

Founder/CEO



WHAT TO DO IF YOUR CUT OFF YOUR OPIOIDS

Regardless of the arguments for and against the safety and effectiveness of opioids for treatment of chronic pain, abrupt discontinuation of opioids is a cruel and counterproductive practice. After a week or two of administration, the human body adapts to the presence of opioids by reducing its production of endorphins, the body's natural opioids, and increasing production of adrenaline to counteract the sedative effects of the opioids. This adaptation is called physical dependency.

Discontinuation of opioids once physical dependency has occurred will result in withdrawal symptoms which will vary in intensity depending on the length of use, dosage and other factors. Physical withdrawal symptoms include: a flu-like sick feeling with runny nose, sweating, chills, nausea, diarrhea, stomach cramps, fatigue, loss of appetite, muscle aches and cramps that can become severe, particularly in the back and legs. Psychological symptoms include anxiety, irritability, insomnia, depression and difficulty concentrating. Cravings for the drug may also be present.

Withdrawal symptoms may begin within 12-24 hours after the last dose of opioids. Severe symptoms last for about a week, after which a pain patient still has to deal with the pain that prompted the opioid prescription in the first place.

What should a pain patient do?

Short term interventions

There are medical interventions and self-care strategies that are helpful in reducing the severity and duration of opioid withdrawal. Dr. Denis Patterson, of Nevada Advanced Pain Specialists, recommends a medical approach, if available, in an inpatient rehabilitation facility or outpatient addiction treatment program. In these programs, physicians are able to prescribe medication that can ease withdrawal symptoms, including buprenorphine, which helps suppress withdrawal symptoms and cravings. The problem with buprenorphine, however, is that it is an opioid and withdrawal from it can also be problematic.

If you have to go through withdrawal on your own it is recommended the following over the counter medications and self-help strategies that can help with the various side effects of withdrawal:

Nausea/vomiting – Medications that contain the active ingredients bismuth subsalicylate (e.g. Pepto-Bismol) and phosphated carbohydrate solution (e.g. Emetrol) can help.

Diarrhea – Medications that contain the active ingredients bismuth subsalicylate (e.g. Pepto-Bismol, Kaopectate) and loperamide (e.g. Imodium) can help.

Dehydration – Water

Muscle cramping – Fluids that contain electrolytes (e.g. Gatorade, Pedialyte, etc)

Agitation – Exercise, meditation, biofeedback, and sleep. Some people may benefit from using antihistamines such as diphenhydramine (e.g. Benadryl). Antihistamines should be used with caution because in some individuals it can have a paradoxical effect and can worsen their agitation.

Herbal and homeopathic remedies that address the same symptoms are good alternatives. Ginger and homeopathic remedy *cocculus indicus* can be helpful for nausea.

Yellowroot, bayberry, comfrey, peppermint, slippery elm, white willow, black walnut and green tea are helpful for treating diarrhea. Homeopathic remedy *ippecac* treats both nausea and diarrhoea.

Suboxone is a medication that can help ease withdrawal. Suboxone is a combination of buprenorphine and naloxone. Naloxone blocks the effects of opioid medication, including pain relief and feelings of well-being that can lead to opioid abuse. Patients are usually tapered off Suboxone after 6- 8 weeks but they can be continued on the medication for up to a year. A dietary detox cleansing protocol for 5-7 days is also recommended as well as relaxation and cognitive behavioural therapy because stress intensifies symptoms and exercise for flexibility and mobility to ease the pain of withdrawal. Acupuncture, massage, aromatherapy and spending time in the sun have also been reported to ease withdrawal symptoms.

Many pain patients have reported that marijuana helped them to reduce or eliminate their use of opioids. Some physicians are now using medical marijuana to ease withdrawal as well as for long term pain management. Other pain patients report that kratom, a Southeast Asian herb that is widely available on the internet, has helped them with withdrawal symptoms as well as chronic pain.

WARNING: Be very careful about restarting opioids if you have gone through withdrawal. Withdrawal reduces tolerance to the drugs, so patients who have just gone through withdrawal can overdose on a much smaller dose than they used to take. Most opiate overdose deaths occur in people who have just detoxed.

The Long Haul

Once you have gotten through withdrawal, the problem of how to treat the pain remains. Many patients are surprised that their pain levels without opioids are not as severe as they expected. This is due to many factors. Pain is exacerbated when opioids wear off between doses, a phenomenon known as rebound, leading the patient to believe the baseline level of pain without medication is higher than it actually is. Pain is also exacerbated by withdrawal, as already noted. In addition, as the level of opioids introduced into the body is reduced, the body starts producing more of its own natural (endogenous) opioids. And, lastly, some opioid users develop a condition called hyperalgesia, where use of opioids actually creates more pain and stopping opioids relieves pain.

Long term management of chronic pain is best achieved with a multidisciplinary approach that addresses the underlying causes of the pain and treats the whole person, mind, body and spirit. Safe and effective pain treatments include acupuncture, biofeedback, cognitive behavioural therapy, chiropractic, physical therapy, massage, nutritional and herbal interventions, low level laser therapy, medical marijuana, neurofeedback, homeopathy and many others



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

www.linkedin.com/in/fibro-us

Website

www.fibro-us.org

Email

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Phone

0403571261

Fax

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Postal

PO Box 8042
Warnbro WA 6172



We are currently looking for Meet, Greet & Support hosts in different areas. If you would like to hold a catch-up in your area please [contact us](#)

Calendar of Events



Meet, Greet & Supports

Baldivis – Dome Café – 4th April at 10.30

Collie – Jax Diner – 6th April at 10.30

Kwinana – Coffee Club – 20th April at 10.30

Armadale – Dome Café – 17th April at 10.30

Mandurah – The Taste of Italy – 27th April at 10.30

Joondalup – The Coffee Club – 27th April at 10am

Rockingham – Clipper Café – 7th April at 10.30

Northam – Salvation Army Hall – 9th April at 10am

Cockburn - TBA

Bunbury - Natural Temptations – 21st April at 11am

Melville - TBA

UPCOMING EVENTS

Unmask Fibromyalgia Masquerade Ball

11th August 2018

Book Now!

www.fibro-us.org/events-1/unmask-fibromyalgia-masquerade-ball

Sponsored by The Clipper Inn

Information Session

20th May 2018 - Book Now!

9th September 2018

Awareness Day Lunch

12th May 2018 - Book Now!

HBF Run for a Reason

27th May 2018 - Join us on the 4k walk

Clothes Swap Fundraiser

21st October 2018

Volunteers Party

9th December 2018

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



SUB BRANCHES

As we have grown larger than we ever anticipated we are looking for people who can be Area Leaders. These will be mini sub branches in different Councils/Shires throughout WA. If you would be interested in finding out more please [let us know](#)

We currently have Sub Branches in:

Northam – Area Leader - Ann Clark
www.facebook.com/groups/northam.fibro.us

Joondalup/Wanneroo – Area Leader – Le-mar Garrett
www.facebook.com/groups/joondalup.fibro.us

Armadale – Area Leader - Kylie Miller
www.facebook.com/groups/armadale.fibro.us

Collie – Area Leader - Kylie Miles
www.facebook.com/groups/collie.fibro.us

Mandurah – Area Leader – Donna Varris
www.facebook.com/groups/mandurah.fibro.us



Congratulations to Ann Clarke who has taken her Area to the next level and formed her own committee. Well done on all the hard work you have put in over the last few months. We are all very proud of you. You are an inspiration!



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



Points to Remember

Fibromyalgia is a long-lasting or chronic disorder that causes muscle pain and fatigue (feeling tired).

The symptoms of fibromyalgia are pain and tenderness throughout your body.

You can treat your fibromyalgia with medicines, lifestyle changes, and complementary therapies.

Sometimes you may have two or more chronic pain conditions at the same time

While fibromyalgia shares many symptoms with autoimmune diseases, like rheumatoid arthritis, it is not an autoimmune disease itself

Fibromyalgia isn't exclusively a genetic disease, but most doctors agree that it has a genetic component

Fibromyalgia by itself is not fatal

Fibromyalgia pain typically doesn't "go away." For some people, symptom severity can wax and wane over the years.

This month's Q&A

Myth: Fibromyalgia is rare.

Fact: Fibromyalgia is one of the most common types of chronic pain disorders.

Myth: Fibromyalgia is “all in the head.”

Fact: Fibromyalgia has been described for centuries. But it wasn't until 1981 that the first scientific study formally confirmed fibromyalgia symptoms and tender points in the body.

Myth: Doctors diagnose fibromyalgia when they can't find a “real” diagnosis.

Fact: It's true that diagnosis of fibromyalgia often takes time. There is no specific lab test for it. Your doctor can't see it on an x-ray or do a blood test to confirm it. Instead, he or she relies on your symptoms and a physical exam. What's more, the symptoms can overlap with symptoms of several other conditions. These other conditions must be tested for as well.

Myth: Fibromyalgia is a “woman's disease.”

Fact: The majority of people with fibromyalgia are women (about 80%). But, remember that fibromyalgia is a common condition. That means many men are diagnosed as well.

Myth: The pain of fibromyalgia is mild.

Fact: Some people only experience mild symptoms, especially when they are being properly treated. For others, the pain can be severe. It can have a significant impact on quality of life. Simple things they once took for granted, like working, going for a walk, household chores, and taking care of their families can become difficult. Symptoms also often get worse under stress or even under certain weather conditions.

Myth: There is nothing that can be done to treat fibromyalgia.

Fact: Although fibromyalgia cannot be cured, for many people a diagnosis can be validating. It can mark the beginning of a new journey toward relief of some symptoms. Many people with fibromyalgia are able to reduce their symptoms through lifestyle changes and treatments.

FIGHT FIBROMYALGIA WITH YOUR DIET		
FOODS TO AVOID	1	FOODS THAT ARE HIGH IN REFINED OR PROCESSED SUGARS
	2	“FAKE” SUGAR LIKE ASPARTAME (AKA NUTRISWEET)
	3	SODAS (REGULAR AND DIET)
	4	PRESERVATIVES
	5	FOODS THAT ARE HIGH IN FAT OR FRIED
	6	FOODS HIGH IN MSG OR NITRATES
	7	FOR SOME PATIENTS, FOODS THAT CONTAIN GLUTEN.
FOODS TO INCLUDE:	8	LEAN MEATS (LIKE CHICKEN, TURKEY OR FISH)
	9	ORGANIC FRUITS & GREEN LEAFY VEGETABLES
	10	FOODS HIGH IN ANTIOXIDANTS
	11	FOODS RICH WITH OMEGA-3 (EX. FISH & WALNUTS) OR OMEGA-3 SUPPLEMENTS
HTTP://CBPHYSIO.THERAPY.COM/PRACTICAL-CHANGES-TO-FIGHT-FIBROMYALGIA-WITH-YOUR-DIET/		

Best Fibromyalgia Books

As a person with fibromyalgia I know it is not easy to find a comprehensive book or a book with new information. So I wanted to compile a list of helpful books for myself and others with FMS or who have a loved one with it.

Fibromyalgia and Chronic Myofascial Pain: A Survival Manual

The Fibromyalgia Advocate: Getting the Support You Need to Cope with Fibromyalgia and Myofascial Pain Syndrome

The First Year: Fibromyalgia: An Essential Guide for the Newly Diagnosed

The Fibromyalgia Relief Book: 213 Ideas for Improving Your Quality of Life

Fibromyalgia Basics

The Empowered Pain Patient

From Fatigued to Fantastic!

FibroWHYalgia: Why Rebuilding the Ten Root Causes of Chronic Illness Restores Chronic Wellness

HOLISTIC FIBROMYALGIA SUPPORT & MANAGEMENT

Solace Healing Centre in Erskine, Mandurah is empathetic to Fibromyalgia and chronic pain conditions and works to provide support and services to assist people with varying and multiple conditions. **Solace Healing Centre** understands that Fibromyalgia conditions require a multi-faceted approach to manage symptoms. By taking a holistic approach to your health, your body can find the right space to heal.

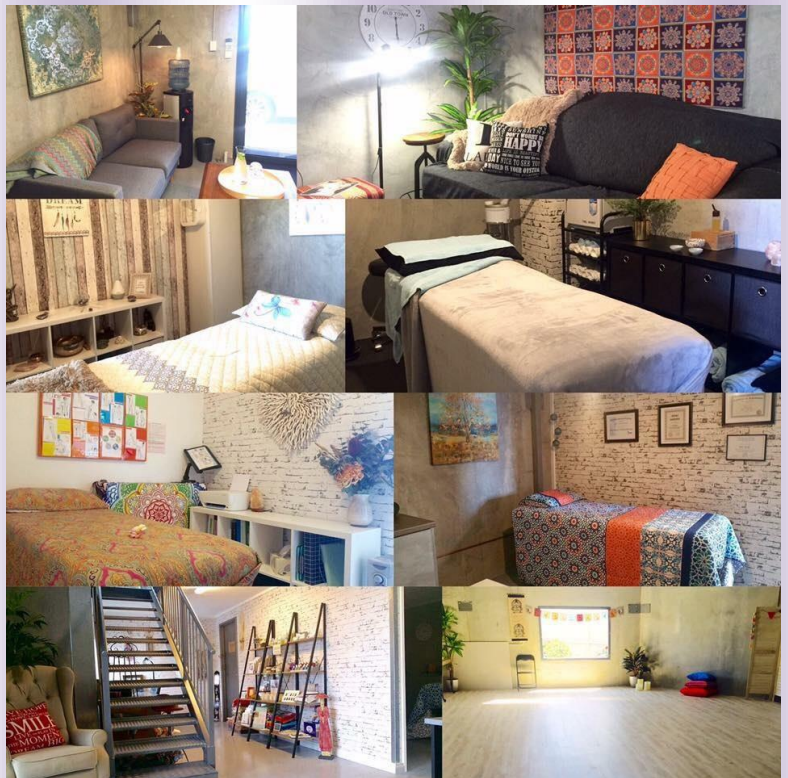
Solace Healing Centre also understands that sometimes it takes a very integrative approach with Specialists and the Holistic options to truly manage your condition. Health practitioners Helen and Sheryn would like to share their stories and let you know what services are available at **Solace Healing Centre**.

HELEN'S PERSONAL STORY:

Helen has experienced Fibromyalgia in the past for 15 years. Trying to cope with a young family was a constant battle and she felt guilty being sick all the time. Helen suffered with chronic pain, fatigue, migraines, emergency hospital visits, depression, loss of friends and social events through her Fibromyalgia condition. Her triggers were from stress, lack of boundaries and emotional pain. She was referred to a Rheumatologist who prescribed pain medication and due to the chronic nature of her pain was also referred to a Pain Specialist. She was prescribed different pain medication to control her pain. Helen didn't want to be on heavy medication long term. Helen took charge and committed to her own recovery, stayed focused on the positive and decided to put herself first for a change. She noticed massive changes in her wellbeing and her Fibromyalgia flare-ups became less and less. Helen became brave enough to wean herself of all medication after following a more holistic path and found she felt better by removing all heavy medication resulting in loss of all unwanted side effects. Helen now lives a normal life and is able to enjoy family and friends once again. Helen runs her own business "Solace Healing Centre" five days a week and manages a fun and healthy lifestyle.

SHERYN'S PERSONAL STORY

Sheryn experienced chronic pain for seven years in her twenties and early thirties after a horse riding accident and a car accident left her with accumulated whiplash injuries. She suffered with daily headaches, blurred vision and chronic pain in her neck, jaw and back. Sheryn struggled to work and withdrew from social events which made her depressed feeling she wasn't reaching her full potential as the pain was so chronic. Doctors prescribed Sheryn very strong pain medications and anti-depressants to mask the pain. She was referred to a Neurosurgeon who prescribed two cortisone injections in her neck over a six month period and then a nerve block in C2 and C3 a year later. All treatments only gave her short-term relief. Sheryn went to numerous holistic therapies on a mission to heal herself and after a very multi-faceted approach she was able to relieve and manage symptoms without medication. The journey back to wellness made Sheryn realise the power of the holistic approach and she completed the Advanced Diploma of Naturopathy over six years while working so she could help others to regain their health and wellbeing. Sheryn now runs her own business "Aura Naturopathic" located at Solace Healing Centre.



SOLACE HEALING CENTRE SERVICES:

NATUROPATHY

Sheryn (Adv Dip of Nat) can help you with Naturopathic treatment options, which include dietary analysis and nutritional support, in particular special anti-inflammatory diet considerations. Vitamin, mineral and herbal supplements can be prescribed for pain reduction, energy production, neurotransmitter support, adrenal gland support, mood enhancement and sleep management.

Aura Naturopathic stocks specific supplements for Fibromyalgia conditions through the practitioner range "Metagenics". The products are scientifically researched ensuring correct dosage of a required supplement. As a health coach Sheryn can support and educate you on the best treatments for your unique condition including diet modifications, supplements specific to Fibromyalgia conditions, detoxing your environment and utilising other support therapies such as acupuncture, physiotherapy, remedial massage, pilates and yoga

REIKI/SPIRITUAL HEALING

Helen (Reiki Master/Spiritual Healer) knows personally Fibromyalgia is a complex chronic disease and is often triggered by stress, anxiety, over exertion, lack of boundaries, fear of not being good enough and exhaustion. Helen our Reiki Master/Spiritual Healer will guide you through a session teaching you ways to remove old patterns, release emotional stress, teach techniques to improve your vitality of life and step back into your own power.

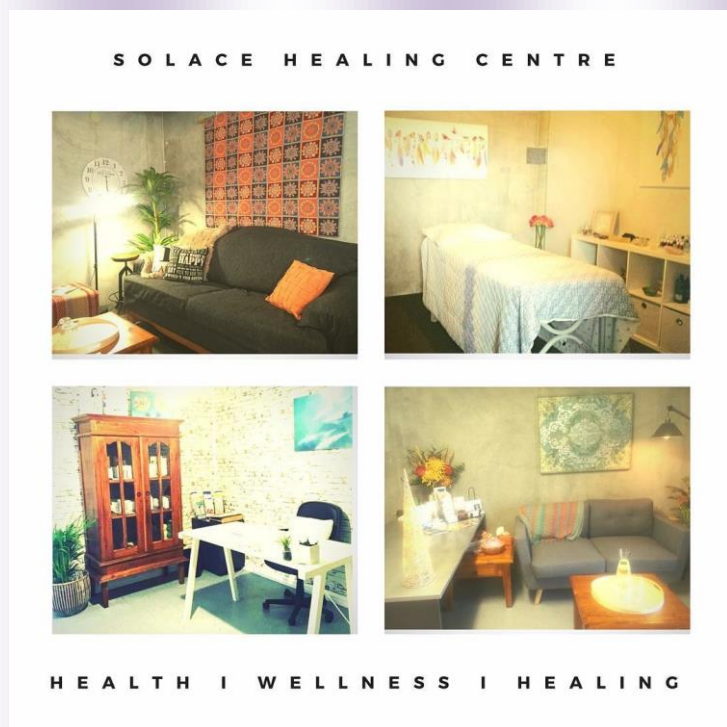
Helen identifies the core of the problem, healing it and removing it from the body and mind, allowing all energies to flow, giving emotional and physical freedom. Within the healing she will balance your chakras and realign all energies to bring your body back in to balance and harmony.

Both treatment styles complement each other in a holistic sense and therefore we recommend both treatments to promote deep healing in Fibromyalgia conditions.

Please contact us to start your health journey today, back to the true you in the safe energies of Solace Healing Centre.

Call - Helen: 0417995119 or Sheryn: 0403178346

Solace Healing Centre, [Unit 1/33 Galbraith Loop, Erskine, Mandurah](#)



LIVING WELL WITH FIBROMYALGIA

Living with fibromyalgia means making adjustments, from work to parenting responsibilities to household chores to having fun

Medical Care

Stay on your meds. Sounds obvious, but this can be why you don't get enough symptom relief. Nearly half the people in one study didn't take their medication as directed because of forgetfulness, carelessness, or out of frustration.

Keep a journal and bring it to doctor visits so you can zero in on what's bothering you, and see what helps.

Make sure the doctor in charge of your care has experience with fibromyalgia. Other team members, who often practice together at pain and rheumatology clinics, can help with specific symptoms. They include physiatrists, psychologists, and physical and occupational therapists. Consider complementary therapies, like acupuncture and massage, for pain relief.

Sign up for a self-management education class, in person or online, to better understand fibromyalgia. The CDC has several for people with arthritis (which would work for you, too) listed on its website.

Exercise

Be as active as you can. Regular exercise is one of the most effective ways to deal with fibromyalgia. It eases both fatigue and pain. Walking and swimming are especially good. Aim for 20-30 minutes, 2 or 3 days per week. It's OK to do that in 10-minute chunks.

Balance exercises will help you feel steadier. Resistance training can boost your strength and overall fitness. A trainer can teach you the right way to lift.

Exergaming -- video games that include exercise -- may be a good option if you're worried about falling. These fitness games track your body movements or reactions and combine that with virtual reality. This style of exercise targets your ability to move easily and balance.

If you're uneasy on your feet or if even low-impact activity is hard, ask your doctor about an exercise program for people with fibromyalgia or another type of supervised rehab to improve your strength, flexibility, and stamina.

Energy

It's the fibro Catch-22: You need sleep to feel better, but your symptoms can get in the way.

Practice good sleep habits, like going to bed and getting up at the same time. Regular exercise will also help you sleep. You might try a simple nightly soak in the tub to help you relax and temporarily ease pain. Ask your doctor to test you for sleep disorders like restless legs syndrome and sleep apnoea.

During the day, pace yourself. Plan your work, household chores, and social events so you don't overdo it. Break down big tasks into manageable bites. Build in short rest periods between activities.

Stress Relief

Worry, anxiety, and feeling overwhelmed will drain your energy, too. Try to adopt a more "go with the flow" rather than "crisis" approach to life, set priorities, and remember it's OK to say "no" so you can focus on what's important.

With guided imagery, you replace negative or stressful feelings with pleasant images. Once you learn how, you can do it on your own. Mindfulness meditation teaches you to focus your thoughts in a positive way. The more you practice it, the more pain relief it can bring. Other helpful approaches include cognitive behavioural therapy and biofeedback.

Mind-body practices like tai chi, qi gong, and yoga may ease many fibromyalgia issues, from sleep problems and fatigue to mood. Because they include movement, they work the way exercise does, with the bonus of stress relief from focused breathing.

Diet

Focus on nutrient-rich foods to have more energy and to avoid other health problems. Use your diary to see if any foods make you feel better.

People with fibromyalgia tend to have low levels of vitamin D. That could worsen pain and other symptoms. A blood test can tell if you're short on D. Ask your doctor if you should take a supplement.

One study showed that light and moderate (but not heavy) alcohol drinkers have a better quality of life and less severe symptoms than non-drinkers. In this study, "moderate" meant 3-7 drinks per week, and not all in one day.

Avoid caffeine. While it may make you feel more alert, it can also put you on edge and make it harder to sleep. Drinking 4 or more cups of a caffeinated beverage a day has been linked with more fibro pain.

Relationships

Sit down with your partner on a regular basis to talk about what's going on with you. Listen to each other and problem-solve together. If that's difficult, counselling with a therapist may help bridge the gap. Studies show that it's better when both of you agree about how fibro affects you. You could bring them to your next doctor visit if they're having a hard time grasping what it's like.

Find out what really matters to the people you care about, like your kids' soccer games or the school play. Then plan your activities and save your energy to be there for them during those times.

Join a fibromyalgia support group. You'll discover tips for your own care as well as ideas about how to get family, friends, and co-workers on the same page with you.

JUST FOR A LAUGH

Just in case you need a laugh:

Remember it takes a college degree to fly a plane, but only a high school diploma to fix one; a reassurance to those of us who fly routinely.

After every flight, UPS pilots fill out a form, called a 'gripe sheet,' which tells mechanics about problems with the aircraft.

The mechanics correct the problems; document their repairs on the form, and then pilots review the gripe sheets before the next flight.

Never let it be said that ground crews lack a sense of humour

Here are some actual maintenance complaints submitted by UPS pilots (marked with a P) and the solutions recorded (marked with an S) by maintenance engineers.

By the way, UPS is the only major airline that has never, ever, had an accident.

P: Left inside main tire almost needs replacement.
S: Almost replaced left inside main tire.

P: Test flight OK, except auto-land very rough.
S: Auto-land not installed on this aircraft.

P: Something loose in cockpit.
S: Something tightened in cockpit.

P: Dead bugs on windshield.
S: Live bugs on back-order.

P: Autopilot in altitude-hold mode produces a 200-feet-per-minute descent.
S: Cannot reproduce problem on ground..

P: Evidence of leak on right main landing gear.
S: Evidence removed.

P: DME volume unbelievably loud.
S: DME volume set to more believable level.

P: Friction locks cause throttle levers to stick.
S: That's what friction locks are for.

P: IFF inoperative in OFF mode.
S: IFF is always inoperative in OFF mode.

P: Suspected crack in windshield.
S: Suspect you're right.

P: Number 3 engine missing.
S: Engine found on right wing after brief search.

P: Aircraft handles funny.
S: Aircraft warned to straighten up, fly right and be serious.

P: Number 3 engine missing.

S: Engine found on right wing after brief search.

P: Aircraft handles funny.

S: Aircraft warned to straighten up, fly right and be serious.

P: Target radar hums.

S: Reprogrammed target radar with lyrics.

P: Mouse in cockpit.

S: Cat installed.

And the best one for last

P: Noise coming from under instrument panel. Sounds like a midget pounding on something with a hammer.

S: Took hammer away from the midget.



Potluck dinners are events where the attendees bring a dish to a meal. The only traditional rule is that each dish be large enough to be shared among a good portion (but not necessarily all) of the anticipated guests. In some cases each participant agrees ahead of time to bring a single course, and the result is a multi-course meal. Guests may bring in any form of food, ranging from the main course to desserts.

Our next Pot Luck will be held:

**13th April 2018
6pm**

8 Picardie Place, Port Kennedy

Please come and join us and bring a dish to share and your drinks. A great social evening to meet others!



RHEUMATOID ARTHRITIS and FIBROMYALGIA

What's the Link?

In healthy people, the immune system is the first line of defence against germs, viruses, and other invaders. But RA is an autoimmune disease. That means the immune system attacks healthy tissue in your body, in this case your joints. As a result, the joints become painful and swollen. You may also feel tired.

Fibromyalgia isn't an autoimmune disease. But its symptoms are similar. It also causes pain, stiffness, and fatigue. Doctors aren't sure what causes fibromyalgia. One theory is that an imbalance in brain chemicals makes you more sensitive to pain. The same pressure that other people think is normal may feel tender or painful to you.

Why is that?

Your genes may be part of the reason. Or something may change the way your body sends and receives pain signals. For example, studies suggest the constant pain may rev up your nervous system. The result is you become more sensitive to pain.

Another link may be inflammation which involves part of the body becoming swollen, red, hot and painful. It's the main problem in RA. Fibromyalgia isn't considered an inflammatory condition. But chronic inflammation could play a role.

RA and fibromyalgia also share common risk factors. Your lifestyle, weight, and stress level may all raise your chances for both conditions.

Getting the Right Diagnosis

There's no one test for fibromyalgia. Doctors make that diagnosis if you have widespread pain that's not from another medical condition for more than 3 months. Because its symptoms overlap with other conditions, it's often hard to spot. On average, it takes 5 years to diagnose fibromyalgia.

Many fibromyalgia symptoms are like those of RA. But there are some key differences:

RA causes inflammation in the joints. The pain can come and go. With fibromyalgia, the ache is constant, and it happens all over your body. You feel dull pain that lasts at least 3 months.

With fibromyalgia, you often feel tenderness when someone touches you. It can also hurt to sit for 45 minutes.

It's important to get diagnosed. If you have both conditions, your doctor may chalk up the fibromyalgia pain to your RA. As a result, you may get stronger or higher doses of RA medicines than you may need. Talk to your doctor if you think you may have fibromyalgia

Treatment Options

Doctors prescribe different drugs for RA and fibromyalgia. If you have RA, the medicines you need depend on how bad your disease is. They include:

Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen.

Steroids. These prescription medications ease inflammation.

Disease-modifying antirheumatic drugs (DMARDs). These drugs turn down your immune system. They relieve symptoms and prevent joint damage.

Biologic agents. This new class of DMARDs targets specific parts of your immune system.

If you have fibromyalgia, some drugs can ease the pain and help you sleep better:

Over-the-counter pain relievers, such as acetaminophen and naproxen (Aleve).

Antidepressants. These medications can ease aches and fatigue. They can also help you get a better night's rest.

Anti-seizure medicines. Drugs that treat epilepsy can give you relief by making you less sensitive to pain.

Some lifestyle changes and treatments help with both RA and fibromyalgia:

Exercise: It may be the last thing you feel like doing. But aerobic exercise, activities that keep your heart rate up, can ease pain by producing calming, pain-fighting chemicals. Aim for 30 minutes 2 to 3 times a week. Jogging, biking, and brisk swimming are some good choices.

Sleep: A good night's rest may help ease fibromyalgia and RA symptoms. To improve your sleep, try to go to bed and get up at around the same time each day. Also avoid caffeine and alcohol in the late afternoon and evenings. Before bedtime, unwind with a relaxing activity, such as taking a warm bath or listening to soothing music.

Physical and occupational therapy: Physical therapists teach you exercises to improve your strength, flexibility, and stiffness. Occupational therapists offer ways to do daily tasks with less pain.

UNMASK FIBROMYALGIA MASQUERADE BALL



BRINGING BACK A LITTLE MYSTERY

On behalf of Fibro & Us - Fibromyalgia Support Group Inc we are set to combine the raising of the awareness and the glamour of Hollywood. Join us in a black-tie charity ball being held at The Clipper Inn Rockingham.

This year will be our 2nd Annual Unmask Fibromyalgia Masquerade Ball and will showcase fine wine and dining, with an amazing array of entertainment and speakers.

It's time to unmask Fibromyalgia and find a cure and our Unmask Fibromyalgia Masquerade Ball is the event, like no other to unveil your support and recognition to raise awareness for families living with the daily challenges of Fibromyalgia

Date: Saturday 11th August, 2018

Time: 6pm arrival. Seated at 6.30pm.

Venue: The Clipper Inn 20-30 Patterson Rd, Rockingham

Dress: Black Tie, with a touch of masked mystery

\$60 per person

Tables of 8.

Ticket includes 3 course buffet meal, entertainment, door prize, raffles and more!

This year's event is kindly being sponsored by The Clipper Inn

Accommodation available at a discounted rate when you mention Fibro & Us

BOOK HERE

HELPING HANDS

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

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

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

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

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

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

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



F.U.S.S. GROUP

Fibro & Us Supporters Support Group



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

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

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

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

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

The Worst
part of having a
chronic illness
Surprisingly
ISN'T my debilitating
symptoms

It's not even the horrible side
effects from the prescriptions
it's the looming judgment
from those who do not
understand, or don't care
enough about me to research
and try better understand
what I'm going through

7 Tips for Managing Pregnancy and Early Motherhood

Be in the best health you can be.

Before trying to conceive, it makes sense to be in the best possible physical condition. Eat sensibly, get plenty of rest, exercise and if necessary take pregnancy-friendly supplements. The healthier you are, the easier your pregnancy will be. Keep this regimen up throughout your pregnancy where possible.

Review all medications.

It's wise to speak to your doctor about your plans to start a family, so they can review the medications you're taking. Your doctor will ensure that the medications you're on are safe to continue throughout pregnancy or switch you over to ones that are. You will also need to look at any vitamins and supplements you take as some are not considered safe for pregnant women.

Educate friends and family.

Fibromyalgia causes fatigue at the best of times, as does pregnancy — so combining the two may mean that you feel even more fatigued than usual. It's important that others understand this so they can help you out more often and demand less of you.

Review your pain management.

Some of the things you do to ease fibro pain may not be suitable during pregnancy, including hot baths and most over-the-counter pain medications. Pregnancy can put a lot of pressure on joints particularly in the pelvis, back and hips so you may experience more pain than usual. There are aids available that may help, such as pressure stockings and maternity belts.

Enlist help after delivery.

When you come home from the hospital, you'll need someone to help with both your needs and the baby's needs. This may be too much for your partner alone, so you may need help from friends and family until everyone finds their footing.

Don't stress about breastfeeding.

The same rules apply for breastfeeding if you have fibromyalgia as for those who don't have the condition. Don't feel under any pressure to breastfeed and if you're having difficulties, consult a professional for advice. Talk to your doctor about the medications you're on to ensure they're safe to take while breastfeeding. Accept that breastfeeding is tiring work and not a job you can pass on to someone else, so let other people do as much as possible for you in other areas.

Go with the flow.

No baby is born with an instruction manual and every mother's experience is different. Ask for advice if you need it, but bear in mind you will get wildly differing opinions on every aspect of raising a child depending who you ask. Trust and have faith in yourself, and do what feels right for you and your family,

6 Mammogram Tips for Fibromyalgia Sufferers

The chief medical officer at Solis Mammography, Dr. Stephen Rose, has offered tips to help make mammograms as stress-free as possible for fibromyalgia patients.

Scheduling

Breasts can feel more tender before and during a woman's period, so planning the mammogram for a week after should help alleviate some of the compression pain.

Communication

Speak to the mammography technologist about any concerns you have. These are highly-trained professionals who are skilled at getting breast images with the minimum amount of pain or discomfort.

Temperature

Mammogram screening rooms are generally kept at a cool temperature. If you're sensitive to the cold, ask if you can wear a robe or cape to help keep your back and shoulders warm. You will only need to remove the clothes on the top half of your body, so dressing in separates rather than dresses may help you stay warm during the procedure.

If the technologist's hands are cold, you could ask them to use hand warmers or wear gloves.

Standing or Seated?

You should be able to choose to sit down during the mammogram if you think it will make you feel more comfortable.

Recovery Between Compressions

There is no need to speed through your mammogram. If you need to take a break between compressions then don't be afraid to tell the technologist.

Stress

Worrying about an upcoming mammogram can often be much worse than the mammogram itself. To alleviate some of the stress, try some relaxation techniques ahead of your appointment. It's also important to choose a mammogram centre that you feel safe and welcome in, and bring a friend or family member along for support if you need it.

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.

Winter Word Search Puzzle

F S K A T I N G H O C K E Y V	BOOTS	SKATING
V U S B J T M P W O L P T D W	DRIFT	SKIING
P T N P B O O T S F Y S A L T	FISHING	SLIDING
S N O W M A N Y C C S T O R M	FLAKES	SLIPPERY
E F W T Z L S E I R R U L F S	FLURRIES	SNOWBALL
S F M L E E L Y E O Y Y D N E	FUN	SNOWBLOWER
E O O M E M I A U M A V O I R	HOCKEY	SNOWMAN
K G B S W O P S B L F W G H U	ICY	SNOWMOBILE
A N I H V B P A P W B M N S T	PLAY	STORM
L I L O B B E N N L O L I K P	PLOW	WHITE
F D E V D U R D O Q U N H I L	SALT	
X I N E D B Y W W X J P S I U	SAND	
Z L K L N I E L D T L D I N C	SCRAPER	
F S V V L R K T F I R D F G S	SCULPTURE	
T S C R A P E R J W W H I T E	SHOVEL	

MEET THE COMMITTEE

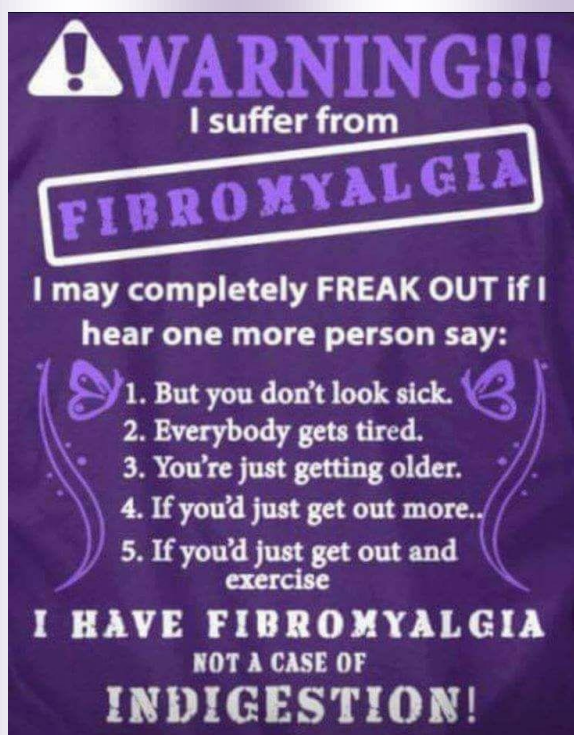
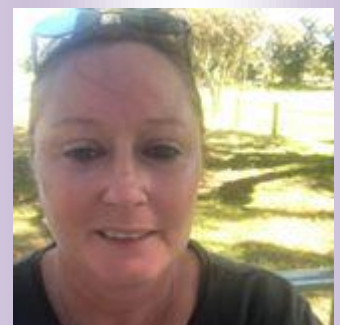
Each month we will be introducing you to one of our committee members.

This month we introduce you to Kylie Miller who is our Armadale Area Leader & Meet, Greet & Support Host

Name: Kylie Miller
Location: Currently Armadale, WA
Occupation: I have been unable to actively work since 2014, but I write, research my Family History and occasionally do some editing work. I am also trying to study for my BA in Creative Writing, although I am finding it quite difficult; I will eventually complete it. I also foster kittens and cats and try to help the Fibro & Us team out with grants, although I haven't been as productive recently as my health disintegrated a few weeks ago. Hosting Meet & Greets in Armadale is another position I hold. Once my crazy life settles, I will be looking at hosting a Meet & Greet in the Gosnells, Kelmscott area.

Conditions: I thought I'd add this, just because I could. As most of you know, Fibromyalgia isn't just a condition we suffer from, it seems to become a base for a multitude of other conditions, some of which appear to be quite random. The other conditions I live with are: Chronic Depression, Anxiety, Social Anxiety, Post Thrombotic Syndrome, DVT, Chronic Fatigue, Tinnitus, Osteoarthritis (knees, L5/S1, wrists and hands), Sleep Apnea, Insomnia, PCOS and according to my most recent blood work, I may have Type II Diabetes, although that may change after being tested again.

Family: I have a grown up son, who lives with his wife, 2 sons and his stepson, I have a pretty good relationship with my son's ex-partner, as I regularly care for my other 2 grandchildren so she can work.



Fibro Friendly Recipes

Chicken and Noodles in Spiced Broth

Active Time 30 MIN

Total Time 1 HR 10 MIN

Serves 4

Ingredients

1/4 teaspoon Sichuan peppercorns

1/2 teaspoon coarse sea salt

6 1/2 cups chicken stock, preferably homemade

2 star anise pods

1/2 teaspoon black peppercorns

1/2 cinnamon stick

One 3-inch strip of orange zest

One 4-inch piece of peeled fresh ginger—1 inch cut into fine matchsticks, the rest thinly sliced

Kosher salt and freshly ground pepper

6 shiitake mushrooms, stems discarded and caps thinly sliced

Four 6-ounce skinless, boneless chicken breast halves 3 ounces mung bean

2 scallions, green parts only, thinly sliced

How to Make It

Step 1

In a mortar, crush the Sichuan peppercorns until fine but not powdery. Add the salt and lightly crush to combine, leaving it coarse in texture.

Step 2

In a large saucepan, combine the stock with the star anise, black peppercorns, cinnamon stick, orange zest and the sliced ginger. Bring to a simmer, cover and cook over moderately low heat until fragrant and flavorful, about 20 minutes. Strain the broth into a clean pot and season with salt and pepper. Add the mushrooms, cover and cook over low heat until tender, about 5 minutes. Keep the broth hot.

Step 3

In a large saucepan of water, poach the chicken at a very low simmer at low heat just until it is white throughout, about 18 minutes. Transfer the chicken to a cutting board, pat dry and let rest for 5 minutes. Slice the chicken crosswise on the diagonal 1/2 inch thick.

Step 4

Meanwhile, in a medium bowl, soak the noodles in hot water until pliable, about 5 minutes. Drain and transfer the noodles to the hot broth. Let stand until heated through, about 1 minute.

Step 5

Ladle the noodles, mushrooms and broth into shallow bowls. Top with the sliced chicken breasts, scallions and ginger matchsticks. Sprinkle the chicken with the Sichuan pepper-salt and serve.

Foods that can hurt Fibromyalgia

Knowing which foods or ingredients might trigger pain (or enhance your sensitivity to it) is essential for anyone experiencing chronic pain. Eliminating them from your diet can help you avoid unwanted flare-ups and reduce your pain levels. While each of our body's may react differently to different foods, six things you should generally avoid if you have fibromyalgia are:

Food additives (i.e. MSG)

Artificial Sweeteners (i.e. aspartame)

Caffeine

Simple Carbs (sugars)\

Dairy

Nightshade Vegetables (i.e. eggplants, tomatoes, potatoes, various peppers)

Nutrients & Foods That Can Help

There are a number of vitamins and nutrients that are essential for helping the body heal, as well as helping to boost energy, reduce fatigue, improve mood and enhance memory or mental clarity

Vitamin B12 converts fuel carbohydrates into glucose, which the body uses salmonas a fuel source to generate energy. If your body does not get enough B12, you will likely begin to feel fatigued and weak.

Magnesium: Symptoms of magnesium deficiency include muscle soreness, pain, fatigue, memory loss, difficulty focusing and more. These symptoms are all too familiar to those of us with fibromyalgia. While magnesium deficiency may not be the only cause of our symptoms, in some cases it may play a role.

Omega-3 Fatty Acids: a study of chronic pain patients, symptoms such as stiffness, pain and tender joints were reported to have decreased significantly after taking an Omega-3 Fatty Acid supplement for three months. Besides helping to ease pain, Omega-3 also helps fight cognitive decline, reduce inflammation and relieve inflammatory bowel syndrome and more.

Vitamin D: In some cases, vitamin D deficiency can result in chronic pain symptoms.

Iron helps promote the flow of oxygen into the bloodstream – a critical function that delivers much needed oxygen and nutrients to cells throughout the body. When your body doesn't get enough iron, you may experience fatigue, dizziness, shortness of breath, headaches and mor

Turmeric (Curcumin) is a plant from the ginger family containing a powerful pain-relieving compound known as curcumin. This powerful antioxidant has been used to help relieve pain naturally for over 4,000 years!

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.



JOIN OUR LOYALTY PROGRAM PARTNERS and see your business showcased here



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](#)