

Mary's Message

One of the problems with fibromyalgia is that we hurt all over our bodies. Because fibromyalgia is difficult for some doctors to diagnose and treat, many people have complained that they were not taken seriously by their health care professionals. I've heard many stories of patients being dismissed as "whiners."

Once we've been diagnosed with FM, it becomes easy to think that every pain or new symptom is related to it. We don't want to ask our doctors about the problem, thinking that "it's just FM" or if we did go to the doctor, he/she would just brush off any new symptom. We secretly fear that we're turning into hypochondriacs, so often we keep quiet.

That can be a fatal mistake. If you have a new symptom, such as chest pain, you could be having a heart attack. Several years ago, one member woke up with chest pain but figured that it was "just FM." Her husband insisted on taking her to the hospital, where she was treated for a heart attack. Another member felt dizzy and also blamed it on fibromyalgia. Luckily for her, her husband took her to the hospital, where she was diagnosed with a mild stroke. Happily, both members are recovering and doing well.

On a personal note, I began having sharp pains in my right leg which were worse going down stairs. I thought that it was a strange FM pain, sharper than usual, but I managed to ignore it for a while. I did mention it to my doctor, who sent me for x-rays and a number of other tests. A bone biopsy revealed a benign tumor and a healing stress fracture in my fibula. I'll be fine, although the bone is very thin and there's always the threat that it could break. If it does break, I'll *know* to report that pain!

Take care,
Mary Harper
President

FDA Approves Lyrica to Treat Fibromyalgia

In June 2007, the U.S. Food and Drug Administration approved Lyrica (pregabalin), making it the first drug approved by the regulatory agency to treat fibromyalgia.

Lyrica (LEER-i-kah) has been shown to reduce pain and improve daily functions for some patients with fibromyalgia. While patients with FM have been shown to experience pain differently from others, the mechanism by which Lyrica relieves FM symptoms is unknown.

Lyrica was already approved to treat seizures, diabetic nerve pain, and pain developed follows the rash of shingles.

Two double-blind, controlled clinical trials, involving about 1,800 patients, support approval for use in treating fibromyalgia with doses of 300 milligrams or 450 milligrams per day.

The most common side effects of Lyrica include mild-to-moderate dizziness and sleepiness. Blurred vision, weight gain, dry mouth, and swelling of the hands and feet also were reported in

CONTINUED ON PAGE 7



Fibromyalgia Association of Houston

the FIBROMYALGIA Connection

The *Fibromyalgia Connection* is published three times a year by The Fibromyalgia Association of Houston, Inc. (FMAH), a 501(c)(3) charity, and its volunteers.

Materials and opinions presented in the newsletter are for information only and do not necessarily reflect the views of FMAH, its officers, directors, or medical advisory board. Fibromyalgia (FM) patients should consult their physicians or other health care professionals for diagnosis and prior to initiating any form of treatment or exercise.

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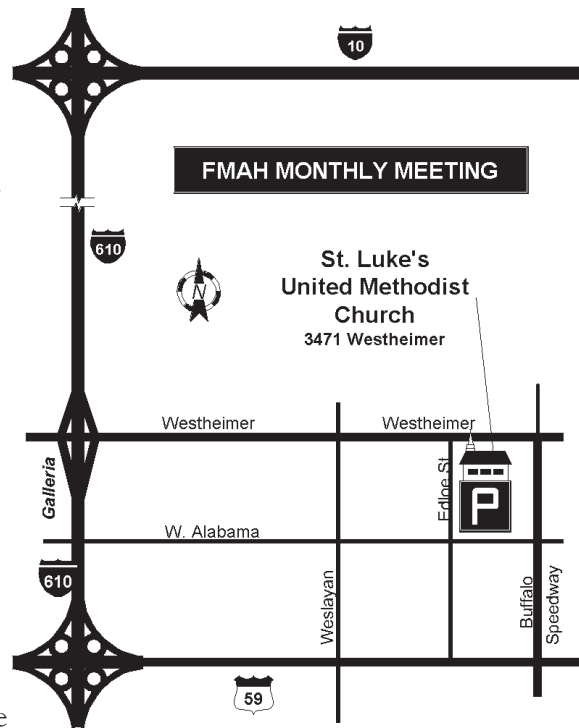
Send correspondence to The Fibromyalgia Association of Houston, Inc., P.O. Box 541742, Houston, TX 77254-1742, or FMAHouston@yahoo.com.

Visit FMAH online at www.fmah.org.

For more information about fibromyalgia, call the FMAH Information Line at 713-664-0180. A volunteer will return your call.

Support Group Meeting Schedule

We meet at St. Luke's United Methodist Church and greatly appreciate the space they provide for our meetings; however, FMAH is not affiliated with any church. Companions are always welcome.



All meetings are free and open to the public. FMAH reserves the right to substitute speakers if necessary, so for more current information, please call the FMAH Information Line, 713-664-0180, or visit us online at www.fmah.org. Parking is free in the church lot.

- LOCATION:** St. Luke's United Methodist Church
3471 Westheimer (just inside the 610 Loop)
- ROOM:** Parlor B145, on the Westheimer side of the church
- TIME:** 6:30 p.m. New members, please come 15 minutes early to register.
- September 25:** **Latest Treatment Options**
Qaiser Rehman, M.D.
- October 23:** **Hypnosis and the Control of Pain**
Michael Schmidt, Ph.D., CH
- November:** **No Meeting Due to Thanksgiving**
- December 4:** **Holiday Party/White Elephant Gift Exchange**

September: Learn About Lyrica

Last June, the FDA approved a drug, Lyrica, for the treatment of fibromyalgia. This was a big step in two ways: it's the first drug approved for FM, and it helps to legitimize our illness. While not everyone is helped by Lyrica, it has been proven "safe and effective" to the FDA.

Come hear rheumatologist Qaiser Rehman, M.D., discuss this latest treatment advance. He'll explain who should try it and the side effects, and will answer your questions. We're very excited to have Dr. Rehman speak, and we anticipate a large crowd. Come early for a good seat. We'll meet in our usual room, Parlor B145, on Tuesday, September 25, at 6:30 p.m.

October: Hypnosis and Pain Control

Hypnosis? Isn't that what they do at comedy clubs to make people dance like monkeys? How could it possibly help me? There are many misconceptions about hypnosis. Come learn the truth about this fascinating technique and how it can relieve pain.

Our speaker, Michael Schmidt, is a clinical psychologist and certified hypnotherapist. He will explain what hypnosis is and isn't, and will perform demonstrations. Dr. Schmidt will answer your questions and also discuss self-hypnosis.

Come and join us for a fascinating evening on Tuesday, October 23, at 6:30 p.m. We look forward to seeing you in Parlor B145.

November: Happy Holidays!

Due to Thanksgiving, we will not have a meeting this month.

December: Holiday Party

Let's have some fun! We will have a holiday gift exchange and refreshment party on a special day, **Tuesday, December 4**, at 6:30 p.m. Please bring a wrapped "white elephant" gift to be exchanged; it's fun to see what others get and then plot how to take it away from them.

You may not end up with your first choice, but you will have lots of laughs. Please don't spend more than \$10, and if your budget is tight and you can't afford a gift, please come anyway.

We always have extra gifts on hand.

FMAH will provide the drinks. If you can bring a snack, we'd appreciate it. We'll meet in our usual room, Parlor B145. Note the unusual date: the **first** Tuesday of the month, on December 4 at 6:30 p.m.

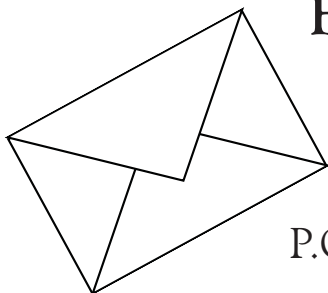
Happy Anniversary, FMAH

The Fibromyalgia Association of Houston will officially turn 15 on November 5. Incorporated in 1992, FMAH has served the greater Houston area by offering support and education programs to people with FM and their families. To learn more about FMAH, visit www.fmah.org.

FMAH Opinion Survey

Have a rheumatologist or a massage therapist that you absolutely love? Take the FMAH opinion survey, available at the meetings, about your physician or allied health professional. We will collect the data for use on the Information Line. You can also call the Information Line with information about your provider.

MailCall



FMAH has a new address

The Fibromyalgia Association of Houston now has a Houston mailbox. Please send all correspondence to the following address:
P.O. Box 541742, Houston, TX 77254-1742.

FACES Conference Sheds Light on FM

By Gayle Moses

While visiting my family in Illinois in May, I was privileged to attend the 2007 Midwestern Fibromyalgia and Chronic Fatigue Syndrome Conference hosted by the Fibromyalgia Association Created for Education and Self-help (FACES) of Chicago.

Sabrina Johnson, president and founder of FACES, and her volunteers did a fine job selecting speakers and topics of interest to those of us with fibromyalgia.

The conference began with a get-acquainted dinner/dance on Friday evening, May 18, 2007, where we were welcomed by Ms Johnson and Francis Jenkins, the honorary chairperson.

Ms. Jenkins is a former actress and model who suffers with FM. She was featured on the cover of the October 2005 issue of *Fibromyalgia Aware* and has appeared in movies and TV shows. Her ability to stay active and enjoy life in spite of her illness was inspiring to me.

Saturday's keynote speaker, Muhammad Yunus, M.D., professor of rheumatology at the University of Illinois College of Medicine in Peoria, Ill., joined us for dinner. He is very personable and even joined the brave souls on the dance floor!

On Saturday, Dr. Yunus presented his topic, "Human

Suffering in Patients with Central Sensitivity Syndrome (CSS) and Physician Attitude." CSS links together FM, chronic fatigue syndrome, headaches, restless leg syndrome, irritable bowel, temporomandibular joint (TMJ) problems, and depression, among others, as a malfunction of the central nervous system.

He noted that CSS problems, especially fibromyalgia, are one of the most common causes for visiting a physician. He explained that because of this malfunction, our bodies react to normal stimuli with an amplified response resulting in pain.

Until recently, there has been no definitive test or x-ray used to diagnose FM. Now, brain scans and spinal fluid scans, while not readily available to most patients, show changes specifically linked to FM.

This information, derived from the research done on volunteers, has given scientific legitimacy to FM. Dr. Yunus hopes these findings will bring about changes in the attitude of physicians.

In general, physicians have a poor attitude toward FM for many reasons, e.g., lack of education; reluctance to accept the illness as "real" since no diseased tissue is present; the insurance system with a resulting loss of autonomy; biased, negative

statements in literature; and no definitive treatment for FM. Dr. Yunus and others are working to change these negative attitudes.

He feels that education based on recent research and positive findings is the key, although it will take time. He said that the national curriculum in medical schools needs to change and that education should reach third-party payers.

He recommends that we, as patients, become knowledgeable about FM. He suggests that we value the scientific approach, as science will help to change a doctor's attitude. He also recommends that we remain optimistic, exercise moderately, improve sleep quality, and decrease stress.

He wants us to develop a good rapport with our doctors and *politely* educate them. He asks us to reject any offer of a "quick cure," to understand the placebo effect of any treatment which allows "sugar pills" to have a positive effect, and above all to consider the cost and safety of any unproven therapy.

Our next speaker was Flora Stay, DDS, the author of *The Fibromyalgia Dental Handbook*; the founder of Cleure, Inc., a supplier of holistic mouth care products which she developed; and a practicing dentist. She is also a former instructor of dental studies at UCLA. Her goal was to

help us understand how important good oral health is to fibromyalgia and to our general well-being.

The most common disorders of the mouth include burning sensations, cavities, dry mouth, gum disease, sores (cold or canker), and temporomandibular joint dysfunction (TMD).

These disorders combine to affect our health. Without treatment, dry mouth encourages excess tartar, which leads to cavities and gum disease.

Cavities and gum disease lead to loss of teeth and a misaligned bite. The inflammation and bacteria in gum disease increase the risk of heart disease and stroke as well as setting off an immune system response.

Surprisingly, gum disease can be contagious and is a major cause of bad breath. A misaligned bite interferes with the ability to chew, leading to digestive problems and possibly TMD. Those of us with FM and irritable bowel syndrome (IBS) certainly don't need anything to aggravate this condition!

Those of us who have diabetes are at greater risk for gum disease because of our compromised response to infections. To complete the circle, gum disease makes it difficult to stabilize blood sugar levels.

Similarly, osteoporosis can cause loss of bone structure in the jaw, resulting in tooth loss and TMD.

TMD can also be the result of an accident or of clenching or grinding the teeth. It can be joint related or myofascial pain related (pain beginning elsewhere but referred to the TM joint).

Poor concentration; headaches; dizziness; ringing in the ears; painful muscles in the neck, shoulder, back and calves are some symptoms of TMD. With these symptoms so common in FM, Dr. Stay feels that we should not ignore the possibility of a connection.

She proposes bite plates for clenching problems, replacing missing teeth; and/or braces to realign the bite. She also encouraged us to watch our posture and not carry heavy items on one side only.

Dry mouth and mouth sores are commonly associated with irritants used in daily life, except for cold sores. These are caused by the herpes simplex virus, are related to an impaired immune system, and can be treated by antiviral drugs if not relieved by over-the-counter products.

Dry and/or burning mouth and other sores can be caused by reaction to medication, allergies or sensitivities to foods or additives, alcohol in mouthwash, salivary gland disease, B complex vitamin deficiencies, hormonal changes, and gastric reflux, among other factors.

Common items that cause allergies include dairy and acidic foods and metals in the mouth.

Sodium lauryl sulfate (SLS), a foaming agent found in most popular toothpastes, has been shown to be a problem for some people.

Something common in FM and in the general population here in Southeast Texas is chronic sinus problems. If usual therapy does not help, Dr. Stay suggests that we check for infected tooth roots that have penetrated the sinus cavities.

In conclusion, Dr. Stay recommended quitting smoking, eating a healthful diet with few simple carbohydrates, regular dental check ups, and proper home care. She also encouraged us to reduce the stress that makes it harder to fight infection and repair tissue.

**Visit FMAH
online to keep
up with latest
news or to
learn more
about
fibromyalgia.**



www.fmah.org

Foundation Offers Low-Cost Prescriptions

As a nationwide patient-advocacy organization founded by volunteers in the early nineties, the Free Medicine Foundation links patients to free or very low-cost prescription plans available to eliminate or substantially reduce their prescription cost.

Many sponsors have pledged that no patient in need should go without coverage, and evaluate needs on a case-by-case basis.

If you find that you cannot afford to buy your medicine at retail prices, make too much

money to qualify for public assistance such as Medicaid, or your medical insurance coverage does not pay for outpatient prescription drugs, then you may qualify to enroll in a privately sponsored program that could provide free prescriptions.

It is the mission of the organization to bring together pharmaceutical companies, doctors, health care providers, hospitals, social services offices, government social service offices, patient advocacy organizations,

and community groups to help qualifying patients get the medicines they cannot afford through public or private programs.

Their volunteers are driven to increase awareness and help patients access prescription programs providing free and low-cost medicine to those in need in all 50 states, Puerto Rico, and the U.S. Virgin Islands.

Visit the Web site at www.freemedicinefoundation.com or call 1-573-996-3333.

Finding Affordable Medications

Did you know that pharmaceutical companies and nonprofit organizations offer financial assistance to patients who cannot afford medications? The first step is to contact the drugs' manufacturers to learn more about their prescription assistance programs.

Another way to reduce cost, especially if you do not have health insurance, is to shop around. Contact several pharmacies to find how much your medication will cost. According to an article in *The Washington Post*, Wal-Mart Stores Inc. has expanded its popular program offering \$4 prescriptions to more than 300 drugs and Target Corp. said it would match the discount.

Below is the contact information for some pharmaceutical companies:

Abbott Laboratories
800-633-9110
www.abbott.com

AstraZeneca Pharmaceuticals
800-236-9933
www.astrazeneca-us.com

Aventis Pharmaceuticals, Inc
800-633-1610
www.aventis.com

Boehringer Ingelheim
Pharmaceuticals, Inc.
800-542-6257
www.boehringer-ingelheim.com

Bristol-Myers Squibb Company
800-321-1335
www.bms.com

Eli Lilly and Company
800-545-5979

www.lilly.com

Forest Pharmaceuticals, Inc.
800-678-1605
www.forestpharm.com

GlaxoSmithKline
888-825-5249
www.gsk.com

IVAX Pharmaceuticals, Inc.
800-327-4114 x6367
www.ivaxpharmaceuticals.com

Janssen Pharmaceutica, Inc.
800-526-7736 (800-JANSSEN)
www.janssen.com

Novartis Pharmaceuticals
888-669-6682
www.novartis.com

Organon
800-631-1253
www.organon.com

Ortho-McNeil Pharmaceutical, Inc.
800-682-6532
www.orthomcneil.com

Pfizer Inc.
800-438-1985
www.pfizer.com

Roche Pharmaceuticals
800-526-6367
www.roche.com

Schering-Plough Corporation
800-526-4099
www.sgp.com

Solvay Pharmaceuticals, Inc.
800-354-0026
www.solvaypharmaceuticals-us.com

Wyeth Laboratories
800-934-5556, option #1
www.wyeth.com

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CONTINUED FROM PAGE 1

clinical trials. The side effects appeared to be dose-related. Lyrica can impair motor function and cause problems with concentration and attention. FDA advises that patients talk to their doctors or other health care professionals about whether use of Lyrica may impair their ability to drive.

Currently, the medication has not been studied in children with fibromyalgia or women who are breastfeeding. Pfizer, the company that makes Lyrica, has agreed to perform a study on these groups.

Structurally related drug also shows promise

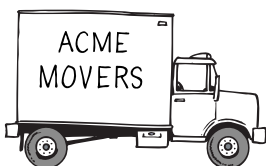
In a 12-week study, published in April 2007, researchers looked at the potential treatment benefits of gabapentin (Neurontin) in a group of 150 people with fibromyalgia. Participants treated with gabapentin reported less pain and fatigue and improved sleep compared with participants who received a placebo. Gabapentin, an antiseizure medication, is structurally related to pregabalin (Lyrica).

Household Tips

Here are a few tips to make housework easier.

- Slide rather than carry, such as sliding pots across the countertop.
- Push rather than pull; use a cart to carry items.
- Use leverage: open flip-top cans with a knife; use a long-handled can opener.
- Store items efficiently. Most-used and heaviest items should be nearest and preferably at waist height on shelf or counter.
- Keep a basket at the bottom of the stairs to collect items that must go upstairs.
- Wear a mask or a handkerchief over your mouth and nose when doing tasks that dirty the air, such as dusting, sweeping, vacuuming.
- Let dishes drip dry. Soak rather than scrub.
- Divide tasks between those that can be performed standing or sitting, and alternate whenever possible.
- Buy extra cleaning supplies to place around the house.

If You Move



Please be sure to let us know your new address if you have moved or are planning to move. Each time a newsletter is returned, the post office charges us \$0.70, which can be a big hit if we fail to stay on top of current addresses. Likewise, if you no longer wish to receive this publication, please contact us.

You can call the Hotline at 713-664-0180 or e-mail us at FMAHouston@yahoo.com.

Donors

The following generous donors contributed by check. Unfortunately, there is no way to acknowledge those who made cash contributions, but we do appreciate every donation.

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Matthew Scheffe
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Diane Ubias
Patricia White

* Indicates donations of \$50 or more. Thanks to all of you!

Research Update

Home-Based Research Study on Fibromyalgia

Assistant Professor Alex Nagurney, at Texas State University, is seeking participants for a home-based research study.

Participants will be required to complete three written prompts during the first week and three follow-up responses after one, three, and six months. Responses may be e-mailed or mailed.

Upon completion of the responses, participants will receive \$45 in compensation.

For more information, contact Dr. Nagurney at the following:
PSY 310 C
Texas State University
San Marcos, Texas 78666
an18@txstate.edu
512-245-3165
512-245-3153 (fax)

Hand Study

Community Medical Foundation for Patient Safety invites members of the Fibromyalgia Association of Houston who have been clinically diagnosed with fibromyalgia to participate in a pilot study.

We are interested in learning about hand functionality of FM patients and how to better diagnose FM based on motor and sensory functions of the hand and wrist. We are using a

new FDA-approved medical device that measures hand functionality painlessly, noninvasively, accurately, and quickly.

We still need more study participants, and it takes approximately 12 to 15 minutes to run the test. Call the office to set up your appointment.

Please bring a copy of your medical diagnosis of FM or a letter from your doctor showing you have fibromyalgia to qualify for this study.

Matthew C. Mireles, Ph.D., M.P.H.*

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www.communityofcompetence.com

Get the latest fibromyalgia news or find a meeting by visiting FMAH online at www.fmah.org.

Ways to Support FMAH

iGive.com

Want to help FMAH? Go shopping! That's right, go ahead and buy something for yourself. But first visit www.iGive.com/FMAH. Every time you shop at one of the over 600 name-brand stores in the Mall at iGive.com, we'll receive a donation of up to 26 percent of each purchase you make, at no cost to you. So visit www.iGive.com/FMAH now. Membership is free, and your privacy is guaranteed.

Changes at Randalls

When you link your Remarkable Card to FMAH, we get 1 percent of your purchases donated to us. If you would like to link your card to us, simply go to the customer service booth and ask for the **Good Neighbor Program** application. Put charity #1094 in the appropriate space. Applications are available at meetings or online at http://www.randalls.com/GN_HOUSTON_AUSTIN.pdf.

Kroger Card

The Kroger **Share Card** donates 1 percent of your purchase to FMAH. You can pick up cards at a meeting, or call us at 713-664-0180 and we'll mail as many as you need. Give them to family and friends. When you check out at Kroger, simply present your card to the The FIBROMYALGIA Connection

checker before he or she rings up your purchases.

FM Network membership

If you are considering a membership with the Fibromyalgia Network, pick up a special form from a meeting and FM Network will donate \$5 to FMAH. This offer does not apply if you sign up online.

eBay

Consider selling an item on eBay and contributing the proceeds to FMAH. Go to missionfish.org. Search for Fibromyalgia Association of Houston. Follow the directions. Or donate an item that FMAH can sell online for you.

FMAH store

Shop at the FMAH store by purchasing a DVD, books, T-shirts, and much more. Fill out the form at the back of the newsletter or visit us online at www.fmah.org/store.html.

Make a tax-deductible donation

FMAH is a nonprofit 501(c)(3) organization. All cash and items donated are tax deductible.

Questions or Concerns

If you have any questions about any of these ways to give, call the Information Line at 713-664-0180 or send an e-mail to FMAHouston@yahoo.com.

Good Search

Earn Money for FMAH

What if the Fibromyalgia Association of Houston earned a penny every time you searched the Internet? Well, now we can! GoodSearch.com is a new search engine that donates half its revenue, about a penny per search, to the charities its users designate. You use it just as you would any search engine, and it's powered by Yahoo!, so you get great results.

Just go to www.goodsearch.com and be sure to enter the Fibromyalgia Association of Houston as the charity you want to support. Just 500 of us searching four times a day will raise about \$7,300 in a year without anyone's spending a dime! Please e-mail everyone in your address book about this easy way to support FMAH.

Need a doctor, a lawyer,
or a massage therapist?
Information on the next
meeting?



Need to talk?

**Call the FMAH
Information Line!
713-664-0180**

For more information about fibromyalgia, call us at 713-664-0180. A volunteer will return your call.

The FMAH Store

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BOOKS

The Art of Body Maintenance: Winners' Guide to Pain Relief, by Hal Blatman, M.D. and Berad Ekvall, B.F.A.

Use this guide to better understand your body and manage your pain. Includes exercise ball.

The FM Help Book, by Jenny Fransen, R.N., and I. Jon Russell, M.D., Ph.D. Provides many practical ways to cope with FM, including how to improve sleep, develop an exercise program, and manage flare-ups. Excellent resource for patients and professionals.

The Complete Idiot's Guide to Fibromyalgia, by Lynne Matallana with Laurence Bradley, Ph.D.; Stuart Silverman, M.D.; and Muhammad Yunus, M.D. This book will show you how to create a plan to combat symptoms, work with health care professionals, and garner support from family and friends. The author was a featured speaker at our September conference.

DVDs

****NEW LOW PRICES! AVAILABLE IN DVD FORMAT ONLY****

Strength through Movement – Get moving with FMAH's latest movement video featuring real fibromyalgia patients. This DVD focuses on increasing flexibility and relaxation while reducing stress. Narrated by fitness professional Leslee A. Cross, M.S., this video will get you moving!

"Piecing Together a World with Hope" FMAH Conference September 30, 2006 – New low price! Two-DVD set with four fascinating speakers. Learn the latest research and coping techniques. Perfect for yourself, family members, even your doctors.

Show Me Where It Hurts – Features two of our conference speakers, Patrick Wood, M.D., and Lynne Matallana, President of the National Fibromyalgia Association. Discusses cutting-edge research and interviews patients who tell their stories. A great introduction to fibromyalgia, it will help friends and families to understand what you're going through.

Weird Celiac Disease - It Could Be You, Janet Rinehart, Chairman of the Houston Celiac Support Group, January 2006. Many FM patients have irritable bowel syndrome, but could it really be celiac sprue disease?

Loving and Caring for Yourself, Mary Jo Rapini, L.P.C. Living with a chronic illness affects your sexuality, relationships, and how you view yourself. Mary Jo's frankness and sense of humor will keep you laughing as you learn new ways of thinking about yourself. See Mary Jo on The Learning Channel series "Big Medicine."

Advances in TMJ Treatment, Charles Hoopingarner, D.D.S. Many FM patients also have jaw pain. Find out how it can be treated with the latest technologies.

Fibro-What? A Hypnosis Approach, Michael Schuman, C.Ht. Schuman has a special interest in medical hypnotherapy. Learn how hypnosis works and how it can help relieve your pain.

Changes in Social Security Disability, Robert Hardy, Attorney, June 2006. Hardy is an expert in Social Security Disability law. He explains the current procedure for applying for disability and also discusses upcoming changes.

Successful Strategies for Relationships, Roberta Diddel, Ph.D., discusses specific things you can do to improve all of your relationships. June 2007.

Acupuncture Basics, John Paul Liang, president of the American College of Acupuncture & Oriental Medicine, explains the theory and use of acupuncture. July 2007.

MISCELLANEOUS

Lapel Pin. Our logo is now a lapel pin. In full color, it reads "Piecing Together a World With Hope" and shows the puzzle pieces of research, education, support, and vision. It's a great way to spread the word about FMAH and fibromyalgia.

Free Kroger Card. Do you shop at Kroger? Each time you check out, hand your Kroger Share Card to the cashier and we'll receive a donation of 1% of your purchase. Send us an SASE, and we'll be happy to send you as many as you need.

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	Quantity	Price	Total
BOOKS:			
<i>The Art of Body Maintenance: Winners' Guide to Pain Relief</i>	_____	\$32.00	\$ _____
<i>The FM Help Book</i>	_____	\$22.00	\$ _____
<i>The Complete Idiot's Guide to Fibromyalgia</i>	_____	\$21.00	\$ _____
DVDs:			
<i>"Piecing Together a World with Hope" FMAH Conference September 30, 2006</i>	_____	\$16.00	\$ _____
<i>Strength through Movement</i>	_____	\$17.00	\$ _____
<i>Show Me Where It Hurts</i>	_____	\$31.00	\$ _____
<i>Weird Celiac Disease - It Could Be You</i>	_____	\$6.00	\$ _____
<i>Loving and Caring for Yourself</i>	_____	\$6.00	\$ _____
<i>Advances in TMJ Treatment</i>	_____	\$6.00	\$ _____
<i>Fibro-What? A Hypnosis Approach</i>	_____	\$6.00	\$ _____
<i>Changes in Social Security Disability</i>	_____	\$6.00	\$ _____
<i>Successful Strategies for Relationships</i>	_____	\$6.00	\$ _____
<i>Acupuncture Basics</i>	_____	\$6.00	\$ _____

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