

Mary's Message

In our last issue of *The Fibromyalgia Connection*, I used this space to print a letter from member Donna Gatewood that appealed – in a humorous way – for donations. Thanks to Donna's efforts and your wonderful generosity, we have received \$2,334 since publication of the letter. That is a record for an FMAH fund-raiser, and nobody was exhausted from a garage sale or had sore feet from dancing at a gala.

In every issue, we publish a list of donors who give by check, and note with an asterisk those who donated over \$50. This issue will have many asterisks, which is very exciting for us. I would like to pay particular tribute to Barbara Dale, who sent us the largest personal donation in the history of FMAH. It was an extremely generous gesture, and we are grateful for her kindness and support.

While the amount raised is substantial, it still will not cover the cost of three newsletters per year. Did you know that the cost of each newsletter – our biggest expense – is approximately \$1,800? We also have phone bills, insurance, storage unit rental, postage and printing expenses. So if you haven't sent your contribution, please, won't you take the time right now to send us a check? If your checking account is as low as your energy level, that's OK. We understand. Perhaps you can help by using your Kroger Share Card or your Randalls Remarkable Card when you purchase groceries. We receive one percent of your purchases. While it costs you nothing, it helps us tremendously.

The Board of Directors and I promise to work hard to make every dollar count. As you know, we work out of our homes and donate many hours of time to keep the organization running. Thank you for helping us to bring information and hope to everyone suffering from this painful syndrome.

Take care,
Mary Harper
President

FMAH Hosts Patient Conference

FMAH will host a one-day conference on Fibromyalgia, September 30, 2006, at the Edwin Hornberger Conference Center, located near the Texas Medical Center.

"Piecing Together a World of Hope," the theme for the conference, comes from the FMAH logo, which seeks to incorporate education, support, research and vision into the association's quest for answers to the Fibromyalgia puzzle.

Two nationally known speakers have committed to speak: Patrick Wood, M.D., Centre for Research on Pain at McGill University, and Lynne Matallana, National Fibromyalgia Association.

Wood has performed pioneering research with brain imaging and is studying the pain mechanisms in Fibromyalgia. He is known as an excellent speaker and makes technical subjects easier to understand.

Matallana, an FM patient herself, has been a leader in the field of Fibromyalgia education since 1997. She is the cofounder of National Fibromyalgia Association and serves as the editor-in-

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.

The *Fibromyalgia Connection* is not responsible for typographical errors or omissions in its printed matter. FMAH and *The Fibromyalgia Connection* are not affiliated with any other Fibromyalgia organization.

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Send correspondence to The Fibromyalgia Association of Houston, Inc., P.O. Box 2174, Bellaire, TX 77402 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.

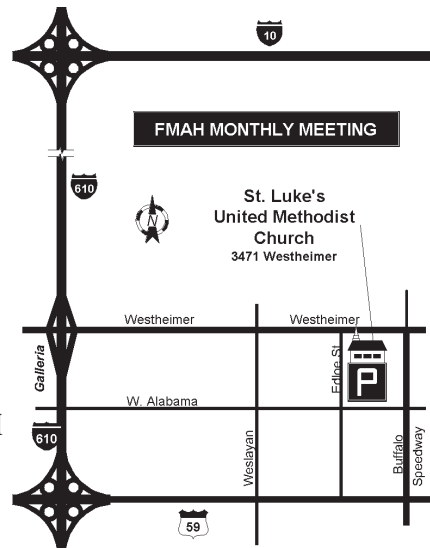
Support Group Meeting Schedule

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 FMAH 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 B, on the Westheimer side of the church
TIME:	6:30 p.m. New members, please come 15 minutes early to register.
September 27	Mary Jo Rapini, M.Ed., L.P.C. "The Art of Loving and Caring for Yourself"
October 25	Anna Barbosa, M.A., C.Ht. "Emotional Freedom Technique"
November	No Meeting
December 6	Holiday Meeting White Elephant Gift Exchange
January 24	To Be Announced

September: Loving and Caring for Yourself

The previously announced topic for September, celiac sprue disease, will not be presented this month. The speaker was forced to cancel, but has promised to re-schedule for next year. Celiac sprue patients cannot digest gluten, which is found in wheat, rye and oats. If you would like more information on celiac sprue, visit www.houstonceliacs.org or contact Janet at 281-679-7608.

Warning! Our speaker for September has requested that only adults attend her talk. A practicing sex therapist, Mary Jo Rapini, L.P.C., will discuss how to love and care for yourself. 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. Mary Jo is in private practice as a licensed professional counselor. She specializes in chronic illness, sexuality and anger resolution.

We'll meet in our usual room, Parlor B145 on Tuesday, September 27, at 6:30 p.m. Please join us for a very lively talk which is guaranteed to keep you awake.

October: Emotional Freedom Technique

How can something called emotional freedom technique (EFT) help the pain and fatigue of Fibromyalgia? Come on
The FIBROMYALGIA Connection

Tuesday, October 25, and find out. It's very easy to learn, doesn't cost anything and you can do it on your own wherever you are. We know that when we feel stressed, our Fibromyalgia always gets worse. EFT can help lower your stress and resolve emotions you may not even be aware of. Anna Barbosa, M.A., C.Ht., is an expert in emotional freedom technique. She will teach you the basics so that you will be able to go home that night and begin practicing.

For more information on EFT, see Anna's article on page 7. We look forward to seeing you at 6:30 p.m. 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 6 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 month on December 6 at 6:30 pm.

CONTINUED FROM PAGE 1

chief of *Fibromyalgia AWARE*, the first and only national FM consumer magazine.

We are thrilled to have both of these renowned leaders at our conference.

The conference center is located at 2151 West Holcombe. FMAH has arranged free parking next door to the building. Lunch will be included in the price of the ticket. The conference will also feature exhibitors and a silent auction.

This is a huge undertaking for FMAH, and volunteers are needed to help prepare for it. A planning meeting will be held during the next Advisory Council on Tuesday, October 4, 2005, at 10:30 a.m. at President Mary Harper's home near the Texas Medical Center. For directions to Mary's home, please call the Information Line at 713-664-0180 or e-mail FMAHouston@yahoo.com.

If you are unable to attend, but you would still like to be involved, please let the planning committee know. They will be happy to work with you in whatever way you can volunteer.

For a map to the conference facility, visit http://www.tmc.edu/tmc-conf_map.html.

Alternative Therapies and Medicines

Sheshe Giddens

Complementary and alternative therapies and medicines refer to nontraditional methods used to prevent and treat disease, heal illness and promote health.

Many people find that these therapies relieve symptoms and ease pain as well as relieve side effects of traditional treatments, and some research supports these findings.

These alternatives include aromatherapy, acupressure, massage, chelation therapy, home and herbal remedies, detoxification and magnetic therapy as well as mind/body and naturopathic medicine.

Many patients suffering from chronic and terminal conditions may be eager to try any treatment that may offer a cure or relief when traditional medication fails to produce the desired results.

Others forgo traditional medicine because of the concern about side effects or because they feel that a “natural” alternative is safer.

Although these are valid concerns, the World Health Organization and the Centers for Disease Control and Prevention have issued warnings about the unregulated and often unsafe use of alternative medicines because of reports of adverse and even fatal reactions to alternative medicines.

Health Fraud

When the phrase “Fibromyalgia cure” is typed into a search engine such as Google, the search yields nearly 100,000 results. Web sites taut miracle cures and natural remedies that claim to do everything from reversing the effects of to curing FM. Some Web sites even include testimonials about the wonders of the product while others are sites created by FM sufferers to share their experience with FM and tips that work for them.

Many patients suffering from chronic and terminal conditions may be eager to try any treatment that may offer a cure or relief when traditional medication fails to produce the desired results.

Unfortunately, there is currently no cure approved by the Food and Drug Administration. As a consumer protection and food and drug regulatory agency, the FDA approval provides a high level of safeguards against potentially harmful products reaching the market.

Many businesses selling natural remedies imply in their advertising that all-natural

remedies are harmless. Natural is good, right? Claims that any substance, no matter how natural, are completely safe should be viewed with skepticism. Remember that some of the most powerful toxins and hallucinogens are all natural. Even vitamins in the wrong quantities can have harmful effects.

Words of Caution

The following words should raise a certain degree of skepticism: *cure, satisfaction guaranteed, money-back guarantee, new discovery, breakthrough*, etc. If there were a cure or significant breakthrough for medical conditions such as Fibromyalgia or arthritis, it would make the evening news.

Sometimes quasi-medical jargon is used in an attempt to confer legitimacy to a treatment. Terms such as *detoxify* and *purify* are not sufficient substitutes for sound medical evidence. Sometimes testimonials are used for this same purpose. This is no substitute for research and clinical trials. Also beware of treatments that claim to cure numerous medical conditions.

The intent of this article is not to suggest that all alternative treatments, including natural and home remedies, are unsafe and ineffective. The goal is to raise awareness about the need to evaluate treatments before pursuing them.

Rubin's Rules for Alternative Treatments

Richard Rubin, M.D., FMAH's vice president and medical director, has developed the following guidelines to help patients objectively determine whether they should pursue alternate therapies:

1. It shouldn't hurt you.
2. It shouldn't cost an arm and a leg.
3. Try only ONE thing at once.
4. There should be an objective measure of benefit.

How to Spot False Claims

Remember the first rule of thumb for evaluating health claims: If it sounds too good to be true, it probably is. Also, learn to recognize the typical phrases and marketing techniques used to deceive consumers:

- The product is advertised as a quick and effective cure-all for a wide range of ailments or for an undiagnosed pain.
- The promoters use key words, such as *scientific breakthrough*, *miraculous cure*, *exclusive product*, *secret ingredient* or *ancient remedy*.
- The promoter claims the medical profession or research scientists have conspired to suppress the product.
- The advertisement includes undocumented case histories claiming amazing results.
- The product is advertised as available from only one source, and payment in advance is required.

In addition, health care clinics that require patients to travel away from home to receive treatment may be suspect. While many clinics offer effective treatments, some prescribe untested, unapproved, ineffective and possibly dangerous cures. Moreover, physicians who work in such clinics may be unlicensed or lack appropriate specialization. For these reasons, you should contact state or local health authorities where the clinic is located before you arrange to go.

Finally, don't rely on promises of a money-back guarantee. Be aware that many fly-by-night operators will not be around to respond to a refund request.

From the Food and Drug Administration Web site, <http://www.fda.gov/opacom/catalog/graphics/frdheal.pdf>.

Top Ten Fibromyalgia Self-Help Books That Never Became Best Sellers

1. How to Cure Fibromyalgia
2. Learn to Speak Assertively to Your Muscles
3. How to Blame Others for Your Fibromyalgia
4. Be Positive in Spite of Miserable Depressing Pain in Every Despicable Muscle of Your Body
5. Yes, Every Problem You've Ever Had Is From Fibromyalgia!
6. Teach Your Spouse, Family and Friends to Completely Understand Fibromyalgia.
7. Smother Your Pain With Love
8. Planning A Vacation? Don't Forget to Bring Along Your Fibromyalgia
9. Use Your Pain to Win the Lottery!
10. How to Function on Only Two Hours of Stage IV Sleep

From *Laugh at Your Muscles: A Light Look at Fibromyalgia* by Mark J. Pellegrino, M.D.

Need a doctor, a lawyer
or a massage therapist?

Need to talk?



**Call the
FMAH
Information
Line!**

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

Research Update

By Sheshe Giddens

Cough suppressant might also ease Fibromyalgia pain

Researchers found that the cough suppressant, dextromethorphan, temporarily diminished pain perception in both Fibromyalgia patients and healthy adults. The benefit appears to stem from the fact that dextromethorphan blocks the action of a chemical messenger known as NMDA, which helps relay pain signals to the brain.

Although dextromethorphan is available over the counter, consult your physician before using it. At high doses, patients can have problems related to memory and confusion. The study appears in the May issue of the *Journal of Pain*.

DHEA shown to have no effect on Fibromyalgia

According to a July 5, 2005 article in the *Journal of Rheumatology*, a new study shows no evidence that the hormone supplement DHEA actually works for Fibromyalgia patients.

The study compared three months of daily doses of DHEA against a placebo and found that the supplement did not improve Fibromyalgia patients' pain, fatigue, depression or other symptoms.

DHEA therapy has emerged as a popular remedy for FM.

Study shows that acupuncture is ineffective for FM pain

According to a 12-weeks study, researchers tested conventional acupuncture against treatments in which needles were improperly applied in 100 Seattle-area Fibromyalgia patients. The study concluded that adding acupuncture to other treatments the patients were already using provided no greater pain relief than sham acupuncture treatments, according to the July 2005 issue of *Annals of Internal Medicine*.

Other recent studies contradict these findings. Some show that acupuncture may help alleviate FM symptoms.

To learn more about these studies, visit FMAH online, www.fmah.org.

Treat depression and chronic pain separately

Researchers at the University of Michigan Health System and the University of Cologne, Germany, have used functional imaging of the brain to determine that in Fibromyalgia patients' level of depression has little influence on the intensity of pain they experience.

This could be one of the reasons that treating a patient's depression by prescribing an antidepressant with no pain-killing properties may have little or no impact on their pain. The study appears in the May 2005 issue of *Arthritis & Rheumatism*.

Prescription Drug Programs

Drug companies come together to offer relief

Lack prescription benefit coverage? Pharmaceutical companies have instituted patient-assistance programs to help those who lack prescription coverage get the medicines they need through the public or private program that's right for them. Many patients will qualify for prescriptions at a reduced rate or no cost.

The Partnership for Prescription Assistance brings together pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help facilitate the process of matching patients with the public or private program that are right for them.

The collaboration aims to increase awareness of patient-assistance programs and boost enrollment of those who are eligible. There are more than 275 patient-assistance programs that provide access to more than 1,200 medicines.

The Partnership for Prescription Assistance Web site offers a single point of access to the programs. To access the Partnership for Prescription Assistance by phone, call toll-free, 1-888-4PPA-NOW (1-888-477-2669) or visit <https://www.pparx.org/Intro.php>.

September - December 2005

What Is Emotional Freedom Technique (EFT)?

By Anna M. Barbosa

EFT is a form of “psychological acupuncture” used to balance the body’s subtle energies by tapping on acupressure points on the face and body.

The technique, which uses the ancient Chinese energy meridian system, belongs to a new class of treatments referred to as energy psychology. It was developed by Gary Craig, a personal performance coach in California who has dedicated his work and life to teaching others how to overcome emotional and physical problems which block their success and well-being.

EFT is an effective, efficient and gentle treatment. It has been clinically effective in thousands of cases for trauma, abuse, panic, anxiety, fears, phobias, pain relief and breathing difficulties.

Properly applied, over 80 percent achieve either noticeable improvement or complete cessation of the problem.

To learn more about EFT, come to the Oct. 25 meeting.

iGive.com Offers Another Way to Support FMAH

Each time an iGive.com member makes a purchase from iGive.com mall, up to 26 percent of the purchase price is donated to the shopper’s favorite cause.

There are over 400 popular merchants available in the mall at iGive.com, with new stores
The FIBROMYALGIA Connection

added continually. The mall offers books, CDs, fashion, electronics, toys, health care products, office supplies and more. There is never an extra cost to the member or the cause.

Shopping through iGive.com is safe and secure. After a member makes a purchase, his or her cause receives a check from iGive.com for 100 percent of the donation percentage listed adjacent to each merchant on the site. Members can use the Web site to track the funds they’ve raised or to see how much their cause has received overall.

If you shop online, please consider donating to FMAH through iGive.com.

Advisory Council Meets to Plan Conference

Would you like to make new friends, have fun and help FMAH at the same time? The Advisory Council meets on an as needed basis to plan special events, meetings and fundraisers. The next meeting will be on Tuesday, October 4, 2005. It will be held at President Mary Harper’s home near the Texas Medical Center. The meeting begins at 10:30 a.m. If you can stay for lunch, please bring your own brown bag. Mary will provide the drinks and chips.

The Advisory Council will begin working on the conference that will be held in September 2006. There is a lot of work that needs to be done to plan the day,

recruit vendors and put together the silent auction.

Even if you can’t come to the meeting, you can still help us. We will need people to make phone calls, which is something that you can do from home.

To volunteer or for directions to Mary’s home, please call the Information Line at 713-664-0180 and leave a message. A phone volunteer will return your call. You may also e-mail us at FMAHouston@yahoo.com.

Board Seeks New VP

The Board of Directors regretfully announces that long-time member Janet Gingell has resigned as vice president of volunteers. Janet coordinated the recruiting and training of volunteers. A member of the board since 2000, Janet has tirelessly worked on a number of projects, including the 2003 conference and the Information Line.

She has touched many people’s lives and has been an invaluable asset to the organization. We will miss her, but recognize her outstanding contribution to FMAH.

We are now looking for someone to take over the position of vice president of volunteers. If you are interested, please call the Information Line at 713-664-0180 and leave a message for Mary Harper, or you may e-mail us at FMAHouston@yahoo.com.

Donor's List

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 you give us.

Barbara Allen	Mary O'Neill
Lynda Alston	Elizabeth O'Shea
Betty Ansley*	Eugenia Ostrow
Honora Arnold	John Oswald
Lelia R. Batton	Beverly Ramge
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Robert Friedman*	Barbara Wesolek
Donna Gatewood*	Nance Foules Wier
Daniel R. Gise	Wayne and Flora Williams
Anne Gorry*	Barbara Willis
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Mike and Anne Harris*	Kristi Graham*, in honor of Vhem Etherton
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Jeanette Jones*	Bernadean Rosenblatt, in memory of Mike Moses
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Lynann Kelm	Lynn Wingfield*, in honor of Linda Bearden
Barbara Kennedy	* Indicates donations of \$50 or more. Thanks to all of you!
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Edna Lawson	
Brit J. Lohman*	
Scott Martin	
Mary Jane Martine	
Kathryn McFaddin*	
Dina Milman	
James Moore	
Barbara Murphy	

Corporate Matching Gift Programs

Several donors recently enhanced their contributions to FMAH through Halliburton's matching gift program. Many companies allow their employees to direct their charitable gifts to nonprofit organizations such as FMAH through a matching gift program.

Even if you do not work for a company with an employee contribution program, if you spouse does, you can still increase the impact of your gift. The spouses and widows of retired employees also may be eligible to participate.

Some companies even match contributions 2 to 1 or 3 to 1. Matching gift programs allow employees to enhance their contributions with at no additional cost to themselves.

To learn more about your company's program, contact your human resources department.

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



www.fmah.org



Director of Public Relations Linda Horton and President Mary Harper display the mayor's proclamation declaring May 12, 2005, FM Awareness Day in the City of Houston.

In Memoriam

The FMAH Board of Directors is sad to announce the passing of Mike Moses, husband of Secretary Gayle Moses. Many of you have seen Gayle's cheerful smile when she greets members at the back table during meetings or have talked with her by phone in her capacity as chair of the phone volunteers.

Mike has always been extremely supportive of FMAH. He helped at all of our garage sales and conferences. We will miss him and send our deepest sympathies to Gayle and their family.

New appointment to FMAH board

FMAH is pleased to announce the appointment of Linda Horton to the Board of Directors. Linda will serve as Director of Public Relations.

As one of the original mem-

bers of the organization, Linda has served with distinction as a member of our telephone volunteers and on the Advisory Council.

She is also working hard as chair of the patient conference we're planning for 2006. Despite suffering severe, chronic pain, Linda has maintained a very positive attitude.

A very organized person, she has already talked to many local newspapers and has been instrumental in spreading the word about Fibromyalgia and the organization.

Fund-raiser brings security home

Would you like to feel more secure in your home? FMAH member and fellow Fibromyalgia sufferer Jeanette Jones would like to help. Jeanette sells security systems for American Best Security, authorized dealer of ADT.

She will donate \$50 to FMAH with every security system ordered from her. In addition to the \$50 donation and free security consultation, Jeanette is offering a FREE security system with activation fee and monitoring agreement.

If you already have a security system, she can switch your current security provider and use your existing equipment already on your premises.

Call Jeanette now to set up your free, no-obligation consultation. Don't forget to tell your family, friends and neighbors about this fund-raising project.

Mention FMAH when you call Jeanette at 713-502-9917.

New! Small-Group Discussion

We realize that when you come to meetings, you often have questions that aren't addressed by the speaker's topic. To help those newly diagnosed or for those who have questions about FM, we are now offering a small-group discussion. It will take place immediately after the end of the regular meeting. Depending upon the needs of the group, we may cover FM basics, share coping tips or discuss whatever is important to the members that night. Please join us after every meeting for some enlightening conversation. We'll limit the discussion to 30 minutes so we won't be out too late.

The FMAH Store

All information is presented for informational purposes only and reflect the views of the authors.

Books:

The FM Help Book, 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.

Videos:

Anti-Polymer Antibodies: An Objective Laboratory Marker for FMS, Russell Wilson, Ph.D. January 2005. The first blood test for Fibromyalgia is now in FDA clinical trials. Wilson explains his theory and how it can lead to new treatments.

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.

Treating Fibromyalgia, Robert Bennett, M.D., and Sharon Clark, M.D., Oregon Health and Science University

This tape features two internationally renowned FM researchers. Bennett discusses “What you and your doctor need to know about treating Fibromyalgia,” and Clark’s topic is “The risks and benefits of exercise.”

Social Security Disability and FM, Pi-Yi Mayo, Attorney, June 2004

Mayo is an expert in Social Security and Elder Law. In this tape, he clearly explains the process for applying for disability benefits and he answers questions from the audience.

Fibromyalgia and Headaches, Tad Seifert, M.D., April 2004

Seifert is a neurologist specializing in headaches. He discusses diagnosing and treating headaches, a common component of FM.


Miscellaneous:

Lapel Pin. NEW! 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. Only \$3.50 to show your support.

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.

The Fibromyalgia Connection. Newsletter published by The Fibromyalgia Association of Houston. Free to Texas residents; others may view it free of charge on our Web site or send \$10/year for three issues.

FMAH Store Order Form

	Quantity	Price	Total
Books:			
<i>The FM Help Book</i> _____	\$22.00	\$ _____	
Videos:			
<i>Anti-Polymer Antibodies: An Objective Laboratory Marker for FMS</i> _____	\$10.00	\$ _____	
<i>Advances in TMJ Treatment</i> _____	\$10.00	\$ _____	
<i>Fibro-What? A Hypnosis Approach</i> _____	\$10.00	\$ _____	
<i>Treating Fibromyalgia</i> _____	\$10.00	\$ _____	
<i>Social Security Disability and FM</i> _____	\$10.00	\$ _____	
<i>Fibromyalgia and Headaches</i> _____	\$10.00	\$ _____	
Miscellaneous:			
Lapel Pin _____	\$3.50	\$ _____	
			
Kroger Card _____	FREE + SASE	\$ _____	
<i>The Fibromyalgia Connection</i> _____	\$10.00	\$ _____	

Free to Texas residents. Out-of-state subscriptions: \$10/three issues.

FMAH T-Shirts

Help raise FM awareness! The front of the T-shirt tells who we are, and the back shows the main symptoms of FM. A picture is worth a thousand words, and this T-shirt can help explain FM for you.



(circle size):

XL _____	\$11.00	\$ _____
XXL - 3XL _____	\$12.00	\$ _____

Donation: \$ _____
Total: \$ _____

Prices include shipping.

Method of Payment (please check one): MasterCard () Visa () Check or Money Order ()

Make payable to: FMAH, P.O. Box 2174, Bellaire, TX 77402.

For questions, e-mail FMAHouston@yahoo.com or call the Information Line at 713-664-0180.

Card # _____ Name _____

Expires: Month ____ Year ____ Signature _____

Address _____

City _____ ST _____ ZIP _____

E-mail _____ Phone _____

Remembering a Special Occasion

FMAH gratefully accepts donations in memory or in honor of a loved one. Please remember us for birthdays, anniversaries or other special occasions. We will send a card to the honoree advising him or her of your donation. Thank you for thinking of us.

Honoree's Name: _____ Gift Amount _____

Gift made by: _____ \$ _____

Name: _____

Address: _____

Remembrance is honoring: Birthday Memorial Other _____

Send notice of this remembrance to:

Name: _____

Address: _____

Please make checks payable to: FMAH
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Bellaire, TX 77402

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