

Mary's Message

Have you ever noticed our logo? The design includes four puzzle pieces, each one labeled with research, vision, education and support. Around the top of the logo is our motto: "Piecing Together a World with Hope." It was designed about 11 years ago by the then 16-year-old daughter of our former treasurer, Deanne Brown. Christie Brown summed up the mission of FMAH, and we've tried hard to live up to her ideas.

The logo is the inspiration for our upcoming conference on Saturday, Sept. 30, 2006. Internationally known researcher Patrick Wood, M.D., will discuss the current understanding of Fibromyalgia. We'll also be the first to learn the results of his latest research. He's an excellent speaker and able to explain complex information in an easy-to-understand manner.

To provide vision, the founder of the National Fibromyalgia Association, Lynne Matallana, will speak about her experiences and provide inspiration. The puzzle piece of education will be discussed by Daniel Kirsch, Ph.D. He is an expert in cranial electrotherapy stimulation and has patented the Alpha-Stim microcurrent stimulator. It has been shown to be useful in treating anxiety and depression, and improving sleep. The last puzzle piece, support, will be discussed by yours truly. I'll discuss how FMAH and other support groups can benefit both patients and families.

Besides having excellent speakers, we'll have many vendors with products that will interest you. There will be door prizes, a silent auction and lots of freebies. Plan now to attend. Admission is only \$25, which includes lunch and parking.

We need lots of help to mount this conference. If you can help, or have an item for the silent auction, please call the Information Line at 713-664-0180.

Take care,
Mary Harper
President

Fibro-what, Fibro-yes, Fibro-world

By Linda Horton

I was so honored to be chosen to receive a scholarship for the second year in a row to the Leaders Against Pain conference held by the National Fibromyalgia Association in Orange County, Calif.

Last year, I attended the three-day conference on media relations and advocacy. The media sessions were exceptionally helpful, and I have applied this knowledge all year working hard to get Fibromyalgia and FMAH more publicity.

In addition to those topics, we had the pleasure of hearing several doctors speak, and it was a most interesting experience. I also developed several friendships with others around the country, and we have kept in touch and exchanged ideas.

I was so looking forward to this trip and learning even more ways to build my media skills. Houston is a very difficult market to get attention on Fibromyalgia or FMAH. I knew I was in for plenty of new interesting ideas. I was also looking forward to seeing old friends from last year and meeting new people.

CONTINUED ON PAGE 6



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.

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.

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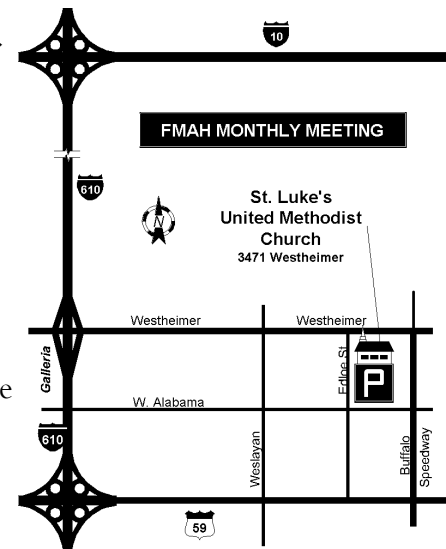
For more information about Fibromyalgia, call the FMAH Information Line at 713-664-0180. A volunteer will return your call.

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 B, on the Westheimer side of the church
TIME:	6:30 p.m. New members, please come 15 minutes early to register.
May 23	FMAH President Mary Harper and Director of Public Relations and Conference Chair Linda Horton Report on FAME Conference
June 27, 2006	Robert Hardy, J.D. Changes in Social Security Disability
July 25, 2006	Stacy Ebert, D.C. Help Yourself with Some Simple Techniques
August 29, 2006	University of Houston College of Pharmacy Brown Bag Meeting
September 30, 2006	Bringing Together a World with Hope Conference Location: Hornberger Conference Center See page 8 for details.

May: Report on FAME Conference

FMAH President Mary Harper and Director of Public Relations Linda Horton will discuss the latest advances in research that they learned at the FAME Fibromyalgia Patient Conference in Orange, Calif. hosted by the National Fibromyalgia Association. We'll also show Mary, Linda and Dr. Richard Rubin's televised appearance on Channel 17. The video runs about 15 minutes.

June: Changes in Social Security Disability

Robert Hardy is our newest board member. He will discuss some of the recent changes in Social Security. He is a graduate of South Texas College of Law and has been admitted to the U.S. Supreme Court, the Fifth Circuit Court of Appeals and the Texas Supreme Court. Hardy is the former chairman of the Social Security section of the Houston Bar Association.

July: Help Yourself with Some Simple Techniques

Stacy Ebert, D.C., is a chiropractor who will show us some ways to deal with FM pain. Please join us on Tuesday, July 25, at 6:30 p.m. in Parlor B-145.

August: Brown Bag Meeting, Reservations Necessary

Please don't bring your dinner in your bag! Bring all of The FIBROMYALGIA Connection

your medicines and supplements instead, and have a pharmacy student from the University of Houston College of Pharmacy answer your questions.

This is a great opportunity to understand your medicines and to learn the best way to take them. Because everyone receives individual attention, reservations are necessary.

Please call the Information Line at 713-664-0180 or e-mail us at FMAHouston@yahoo.com. Tell us your name and how many are coming with you. Deadline for reservations is Tuesday, Aug. 15.

This is a very popular meeting, and many have said that they learned important information about their medicines. Please join us on Tuesday, Aug. 29, at 6:30 p.m. in Parlor B-145.

September: FMAH's Bringing Together a World with Hope Conference

We will not hold a regular September meeting because FMAH will host a patient conference on Sept. 30 at the Hornberger Conference Center, near the Texas Medical Center.

The conference will include guest speakers Robert Wood, M.D., a Fibromyalgia researcher; Lynne Matallana, founder of *FM Aware* magazine and National Fibromyalgia Association, and author of *The Complete Idiot's Guide to Fibromyalgia*; and Daniel Kirsch, Ph.D., an expert in cranial electrotherapy stimulation.

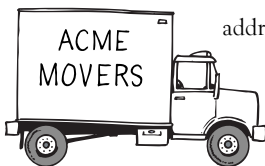
Want to share a room?

Do you want to spend the night before the conference at the Holiday Inn but need someone to share expenses? Call our Information Line at 713-664-0180 and leave a message that you need a roommate. One of our volunteers will return your call and try to match you with another attendee.

Special hotel rates are \$99/night for up to four people in a room. The Holiday Inn is within walking distance of the conference center.

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 FMAH Information Line at 713-664-0180 or e-mail us at FMAHouston@yahoo.com.

About the Conference

FMAH is presenting an educational patient conference on Sept. 30, 2006, in order to educate FM patients and their families on the latest research and possible treatments for Fibromyalgia. FMAH is proud to be bringing in speakers from California, Louisiana and Texas to make presentations at the conference.

We are still in the planning stage, so more information will be provided at a later date. FMAH is in the process of lining up some great vendors that will have various products that will be of interest to not only Fibromyalgia patients, but anyone in pain, as well as their support team.

Meals

Lunch includes two options provided by the Charleston Tea Room in Friendswood, Texas: a choice of a turkey and cheese sandwich on wheat with lettuce and tomato served dry with a container of mustard, or a sampler platter, which includes croissant with chicken salad, wheat bread with ham and cheese, white bread with pimento cheese, and pumpkin bread with a cream cheese filling.

Both lunches will include chips and the "Charleston delight," a cold dessert with whipped cream, cream cheese and fruit.

We are working now to have

drinks and snacks donated. If you have any contacts on these items please call Linda Horton at 281-280-8436.

Friends of FMAH

As a nonprofit organization serving many patients who are unable to work, we want to keep our ticket prices low so everyone can afford to attend. We have established the Friends of FMAH fund to help defray the cost of putting on an event of this nature. Your donation will be displayed on a poster at the conference, in the program and on our Web site. You will receive a receipt for your donation, which is tax deductible.

Giving Levels

Champion: \$5,000 and up

Benefactor: \$2,500 to \$4,999

Underwriter: \$1,000 to \$2,499

Patron: \$250 to \$999

Friend: \$50 to \$249

Scholarship

Many of our members will not be able to afford the price of the conference ticket but would love to attend. You may donate a scholarship for as many tickets as you would like on the registration form. Please be assured that anyone requesting a scholarship will be screened for financial need and desire to attend the conference. We will be publishing the names of donors and how many scholarships they donated,

but will not publish the names of the recipients. Please contact Gayle Moses with any questions at 936-321-1553.

"Piecing Together a World with Hope" Conference

Chairman - Linda Horton

Cochairman - Mary Harper

Cochairman of Conference and

Silent Auction - Brenda

Barron

Food Chair - Janet Gingell

Decorating - LaVonda Chance

Treasurer, FMAH Store and Sign-

In Chair - Gayle Moses

Silent Auction - Donna

Gatewood (Contact Brenda

Barron)

To reach any of the chairs or to volunteer for the conference, please call the FMAH Information Line 713-664-0180.

Volunteers Needed for Conference

All committees could use some volunteers. Please contact a chairman if you are able to volunteer any time now and during the conference.

We need a cochairman for the sign-in committee. That includes putting the packets together and supervising the sign-in activities the day of the conference. Contact Gayle Moses.

We need volunteers to work in shifts to help with the silent auction the day of the conference. Contact Brenda Barron.

We need people to obtain

items for the silent auction and donations. There is a special letter that must be given to the company that is donating and a copy to be attached to the donation. Contact Linda Horton or Brenda Barron for this letter and to be sure that company has not already been contacted.

We need volunteers for the decorating committee. This would include helping decide how to decorate the conference center and helping do the decorating on Friday, Sept. 29. Contact LaVonda Chance.

General help is needed with phone calls, the various activities that need to be done prior to the conference, and help set up on Sept. 29 and do various things on Sept. 30.

Volunteers do not have to be FMAH members. Family and/or friends are welcome to help.

Helpful Hints

This is a new column we are starting that covers topics that you may find helpful. If you have any suggestions, please send them to FMAHouston@yahoo.com, or if you do not have a computer please call in Information Line and give them to one of our telephone volunteers.

Capsaicin Creams – Capsaicin is found in many over-the-counter pain creams but can burn or be uncomfortable. Here are some ideas to help.

The FIBROMYALGIA Connection

1. Spray the area with a Solarcaine-type spray before applying cream.

2. Use a rubber glove or put a zip-lock-type baggie over your hand to avoid getting the cream on your fingers and ultimately in your eyes, or for a small area apply cream on a Q-tip.

3. If the cream still is stinging or burning too much for you, rinse off with milk. The enzymes in the milk will neutralize the chemicals.

Cooking

1. Always double or triple the recipe if possible. It really doesn't take that much more time, and then you will have great leftovers for the days you don't feel up to cooking.

2. If you have made some liquid, like soup, pour it into muffin pans. Put the muffin pans in the freezer until frozen and then pop them out and put into individual zip-lock-type baggies. One baggie would be one perfect serving.

3. If the food is more dense, such as a casserole, take your ice cream scoop and scoop single portions onto a cookie sheet. Place in the freezer until frozen. Remove and place each frozen scoop into a zip-lock type baggie. One baggie would be approximately one serving.

Cleaning

1. Use a new regular type of toilet bowl brush to clean the

bathtub. The long handle will help so you do not have to bend as much.

2. Keep the new toilet bowl brush in or near the tub. After you finish bathing, give the bathtub a quick whisk around and there will be less bathtub grime buildup.

General

1. If you have trouble holding on to items such as potato peelers and knives, you can keep a washrag or similar item around so that you can place it around the handle of the item. This way, you can still hold on to it and grip it, but it is easier on the hands.

2. Don't forget the beach ball! Buy a cheap beach ball and carry it with you. If you are sitting in an uncomfortable chair, get out the beach ball and blow a couple of puffs of air in it, then sit on it. Ah, comfort!

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



www.fmah.org

CONTINUED FROM PAGE 1

A week before the trip, I downloaded the schedule for the four-day conference. Excited, I went through the schedule to realize not only was I attending the Leaders Against Pain conference, but also the FAME (Fibromyalgia Awareness Means Everything) conference.

The FAME conference was loaded from 8 a.m. to 5 or 6 p.m. with one to four speakers in various rooms. There were also special dinners and award ceremonies almost every night.

I worried how I could pace myself for these long days and how could I possibly decide which speakers to hear. Reading the list of speakers and the topics, I wanted to hear them all – but I would have to choose. I would also have to work in time to visit the vendor booths and see what new things were out there for FM.

I was so concerned going into a major flare because of the flight, the bus trip to the hotel and all the long days. I was determined to make the most of this trip and learn as much as possible to bring back to the group. I took my power chair to eliminate excessive walking, and I went determined to learn, enjoy and be just fine.

On the first day of the FAME conference, I enjoyed breakfast in the Grand Ballroom with over 1,000 people. There were doctors, researchers, physical thera-

pists, physiologists and many people with FM. The sight was breathtaking. All these people were there in one room for a common cause – Fibromyalgia.

As we all went our separate ways during the conference, we greeted one another and sometimes stopped to talk. Even the doctors and researchers wanted to talk to me and others like me. They would pat you on the back and say they were glad you were here or give you other words of encouragement. Everyone had a smile and/or a kind word.

It felt so good not to have to explain why I needed a power chair; some people even offered to rent it from me. I didn't have to explain why I looked so tired or had brain fog. It was just unwritten and unsaid, but a general understanding – keep it up and pace yourself.

I felt so warm and almost at home because no one said “Fibro-what?” They all looked at my badge and knew I had Fibromyalgia. We shared hugs, handshakes, warm smiles and looks of “I know. I care. Glad you are here. Don't give up!” It was a great four days of being in a Fibro-world.

The fact that there were over 50 doctors and researchers at the conference with their own types of messages and lessons just blew my mind that they would take the time out of their busy schedule to come talk to us and stay for the entire conference.

The crowning touch was dinner on the *Queen Mary* on Saturday night. Everything was just perfect! There we were with no labeled places to sit, all of us elbow to elbow just talking and laughing and enjoying a great meal. Then the band, the Pain Sensations, made up of doctors started to play 60s music. We were all clapping and moving in our chairs, then up on the dance floor came a few doctors. Others who could followed, and it was a great time.

There we were again, side by side, eating, talking, dancing and enjoying the music, all having a great time in the name of FM.

I'm home now and trying to read through the books and literature from the conference. I am trying to learn all the new things so I can pass it on to others. But the next time someone says “Fibro-what?” I'll have a smile because I'll remember the days of Fibro-yes, my days in a Fibro-world.

Silent Auction

FMAH needs donated items for the silent auction during the Bringing Together a World with Hope Conference.

Please call the FMAH Information Line at 713-664-0180 or e-mail us at FMAHoustan@yahoo.com.

Donors

The following generous donors gave by check. We are unable to thank each of you who have given us cash, but we are grateful for all donations. The * indicates donations of \$50 or more.

Tammy Allyn
Brenda Barron
June Benbenek*
Bill and Deanne Brown contributed over 140 hours to FMAH, which enabled us to receive a \$2,000 volunteer grant from ExxonMobil Corp.*
Lt. Richard Brown, U.S.M.C.
Arthur Burke*
Barbara Canny*
Mr. and Mrs. Warren Dale*
Ruth Froebel
Daniel R. Gise*
Kristi Graham, in honor of Mr. Vhern Etherton
Mary Harper
Keith Kaplan
Margaret Leigh Kizzee
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Fran Yokopovich

Randalls Remarkable Card

Remember to designate FMAH as your charity when you go to the customer service booth and fill out the "Good Neighbor Program" portion of a Randalls Remarkable Card application. Once you have done this, your purchases using your Remarkable card are automatically applied toward your charity each time you shop. The charity giving number for FMAH is 1094. You can go to their Web site, http://randalls.com/community_caringneighbor.asp or call 1-888-334-8240 for more information.

Kroger Card

Remember to show your donation card each time you are at the Kroger checkout. The donations we receive help us with publishing and mailing costs for the newsletter, as well as other expenses. To get an FMAH

donation card, call the Information or see the order form.

Pain Relief Discount

ALCiS is offering a \$10 discount off an order of ALCiS Daily Relief for FMAH members. Log on to www.alcis.com to place an order. The discount code is FIBRO1. FMAH does not endorse any product. Several members have tried ALCiS and have had good results.

ACR

The American College of Rheumatology has patient information online on various diseases and conditions, prescription assistance programs and information for caregivers. If you do not have Internet access, visit your local library for assistance. The site includes printer-friendly printouts. Log on to www.rheumatology.org/public.



FMAH President Mary Harper (r) and Director of Public Relations Linda Horton (c) discuss the upcoming conference with Dr. Patrick Wood (l).

Fibromyalgia Association of Houston

“Piecing Together A World With Hope” Conference

September 30, 2006 • 8 a.m. – 5 p.m. • Hornberger Conference Center, Houston, Texas

Join the Fibromyalgia Association of Houston for the largest Fibromyalgia conference held in the Houston area.

The FMAH is working very hard to be sure this is a great educational and interesting day for all FM patients, families and friends.

The theme of the conference is based on the FM logo.

MASTER OF CEREMONIES

Dr. Richard Rubin, rheumatologist and FMAH medical director

SESSIONS

Research: Patrick Wood, M.D.

Our keynote speaker is Patrick Wood, M.D., an internationally known and well-respected doctor and researcher in the field of FM. He is completing a study in Canada, and we will be the first to hear the results.

Wood has also produced a new patient video, “Show Me Where It Hurts,” which will make its Houston premier at the conference. A question and answer period will follow.

Vision: Lynne Matallana

We are so pleased to have Lynne Matallana come and speak. Matallana is the president of the National Fibromyalgia

Association, founder of *FM Aware* magazine, and author of the new book *The Complete Idiots Guide to Fibromyalgia*. The FMAH is proudly selling the book at a discount for only \$19 when purchased at the conference or at regular meetings. The author will be available to autograph books during the conference.

Support: Mary Harper

Mary Harper, president of FMAH, will discuss how support groups can educate patients and families about this painful syndrome.

Education:

Movement Video – FMAH is making a movement video for you to use at home. The film will show easy ways to add stretching and movement into your day.

Alternative Ways to Treat

Pain – Daniel Kirsch, Ph.D., will be doing an interesting presentation regarding electrical stimulation and the decrease in pain. A question-and-answer period will follow his presentation.

We are working to get many vendors with products that will be of interest to FM patients.

We realize this may be a long day for many of you. However

our goal is for you to learn more about FM and the current research. We want you to have an educational and fun day at the conference enjoying the speakers, vendors, lunch, prizes and silent auction and speaking with others at the conference. You will be glad you came.

REGISTRATION AND FEES

Tickets are \$25 per person and must be purchased in advance. No tickets will be sold at the door. Parking is free in the lot or garage. There is a drop-off area at the front door. Lunch will be provided by the Charleston Tea Room. Free snacks and drinks available.

Registration form must be postmarked by Sept. 15, 2006.

HOTEL

We have arranged a special rate of \$99 for a single room for up to four people with the Holiday Inn across the street from the Hornberger Conference Center. Many other types of rooms are available, including two bedroom suites.

Call Holiday Inn at 713-528-7744 for reservations. Identify that you are with the Fibromyalgia patient conference. Reservations must be made before Sept. 15, 2006.

Fibromyalgia Association of Houston
2006 FMAH "Piecing Together a World with Hope" Conference

Name (Please print)

Address

City

State

ZIP

Home Phone

E-mail Address

The conference costs \$25 per person. The registration cost includes parking, lunch, snacks and health fair admission. Our keynote speakers are Patrick Wood, M.D.; Lynne Matallana; and Daniel Kirsch, Ph.D. There also will be a silent auction, with proceeds going to FMAH.

Note:

If you are registering more than one individual, please list their names below:

Meals

If you are registering more than one individual, please indicate the number of each meal – one meal per registrant. Total number of meals must not exceed the number of applicants.

Please indicate the number of the following meals:

_____ Sampler platter
 _____ Turkey sandwich

Choose one of the following payment options: Check/money order Visa MasterCard (Please do not send cash. There will be a \$25.00 charge on all returned checks.) Amount \$_____

Credit Card Number: _____ Expiration Date: _____

Code on the back of credit card: _____ (should be a three- or four-digit code)

Print your name as it appears on card: _____

Date: _____

Signature: _____

Conference Registration (____) Tickets at \$25 each \$_____

Conference Scholarship (____) Tickets at \$25 each \$_____

Friends of FMAH Donation \$_____

Total Amount Enclosed \$_____

Please mail registration with check, money order or credit card number to: FMAH, c/o Gayle Moses, 17046 Concord Dr., Conroe, TX 77385-4701.

Conference date: Saturday, September 30, 2006

Time: 8 a.m. to 5 p.m.

Location: Edwin Hornberger Conference Center, 2151 Holcombe Blvd., Houston, TX 77030 (Holcombe Blvd. @ Main Street). The doors open at 7:45 a.m. for check in.

Registration and payment must be postmarked on or before September 15, 2006.

We have a limited number of scholarships available for those with financial difficulties. Please call our Information Line at 713-664-0180 to apply.

FOR OFFICE USE ONLY	
Date Received	
Amount Received	
Check # or Credit Card	
Received By	
Date: _____	
Confirmation Letter Sent	
By E-mail or Snail Mail	

FMAH Store Order Form

	Quantity	Price	Total
Books:			
<i>The FM Help Book</i>	-----	\$22.00	\$-----
<i>The Complete Idiot's Guide to Fibromyalgia</i>	-----	\$21.00	\$-----

Videos:			
<i>Weird Celiac Disease-It Could Be You</i>	-----	\$10.00	\$-----
<i>Loving and Caring for Yourself</i>	-----	\$10.00	\$-----
<i>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	\$-----

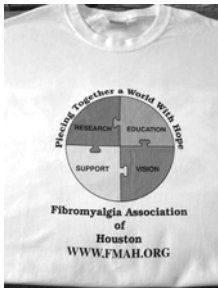


Kroger Card	-----	FREE + SASE	\$-----
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The Fibromyalgia Connection \$10.00 \$-----
 Free to Texas residents. Out-of-state subscriptions: \$10/three issues.

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 _____ State _____ ZIP _____

E-mail _____ Phone _____

The FMAH Store

All information is presented for informational purposes only and reflects 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.

The Complete Idiot's Guide to Fibromyalgia, 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 is a featured speaker at our Bringing Together a World with Hope conference in September 2006.

VIDEOS:

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.

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.

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
P.O. Box 2174
Bellaire, TX 77402

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