

## Mary's Message

Why should you come to a fibromyalgia meeting on the fourth Tuesday of each month? I know that it seems overwhelming to get out of the house and drive over to St. Luke's United Methodist Church inside Loop 610. Besides, you might not know anyone there, and maybe all they'll do is sit around and complain about feeling bad.

If you've never been to our meetings, you're in for a surprise. We work very hard to keep our meetings positive, with an emphasis on things that you can do to help yourself. We are not a "whine and cry" group.

### Top Ten Reasons to Come to a Tuesday Night Meeting

10. It's better than sitting home watching reruns on TV.
9. Get some great ideas from other members for coping better.
8. Meet new friends.
7. Pick up free information and samples.
6. Discounts on our *Strength through Movement* DVD, meeting DVDs, and books.
5. Have a chance to win a fabulous door prize.
4. Get your own FMAH T-shirt.
3. Have a chance to contribute to the largest free FM support group in the United States.
2. Come early for a fun dinner at the Cleburne Cafeteria.
1. Sit in comfortable chairs while you listen to fascinating health care professionals.

I hope that you will make the effort to come to our meetings. We work very hard to find good speakers, and it is disheartening for both the speakers and us if the attendance is low. Every month, dedicated volunteers help me lug in all of our suitcases filled with goodies and set them out for you to benefit. Come join us. You'll be glad you did!

Take care,  
Mary Harper  
President

## FM Awareness

Did you know that May 12 is International Awareness Day for fibromyalgia, chronic fatigue syndrome, and related illnesses?

Chronic fatigue syndrome patient and R.E.S.C.I.N.D. President Tom Hennessy came up with the idea to increase international awareness of these invisible syndromes.

He chose May 12 to honor the birthday of Florence Nightingale, the English army nurse who described horrific conditions that wounded soldiers endured in the Crimean War.

Although in later life Nightingale was almost bedridden with pain and fatigue similar to that of fibromyalgia and chronic fatigue syndrome, she still managed to found the Nightingale Training School for nurses.

One of the most frustrating aspects of having fibromyalgia is that it is an invisible illness. We don't look sick, yet many of us struggle each day to get out of bed and function. That's why we celebrate May 12 as a way to raise awareness of our illness, to educate friends, families, health professionals, and the general

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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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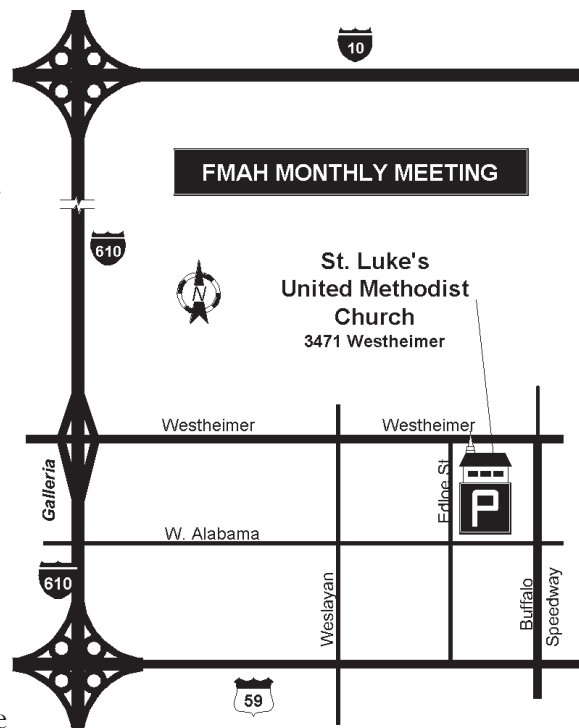
Visit FMAH online at [www.fmah.org](http://www.fmah.org).

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](http://www.fmah.org). Parking is free in the church lot.



### LOCATION:

FMC\_Spring2005.pdf FMC\_Spring2005.pdf  
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 12

**Fibromyalgia Awareness Day Movie and Ice Cream Social**

No meeting on May 22. Saturday 2-4 p.m.

June 26

**Successful Strategies for Relationships**

Roberta Diddel, Ph.D.

July 24

**Acupuncture Basics**

John Paul Liang, M.S., M.S.O.M., TX.L.Ac.

August 28

**Brown Bag Meeting: Bring Your Medications**

University of Houston School of Pharmacy  
Reservations requested for individual consultations.

## May 12: FM Awareness Day

Please note that we will not have our regular meeting on the fourth Tuesday of the month in May. Instead, we'll celebrate Fibromyalgia Awareness Day on **Saturday, May 12** from 2 to 4 p.m. with a special, fun-filled afternoon.

Come see the fabulous video, *Show Me Where It Hurts*, starring the keynote speaker from our September conference, researcher Patrick Wood, M.D.

After the video, we'll have an old-fashioned ice cream social, where you can make your own delicious ice cream sundae. Bring your family and friends to learn more about your illness.

The video explains FM in an easy-to-understand manner, and everyone will enjoy the ice cream.

We're meeting at the church (see map on page 2), but we'll be upstairs in room R21. There is an elevator near the front of the church, and the room is just off of the elevator. We'll have signs posted to make it easy to find.

## June: Successful Strategies for Relationships

You now have a second chance to come and hear a great speaker, Roberta Diddel, Ph.D., originally scheduled for our February meeting.

Remember that relationships can mean how we relate to anyone, not just our spouse or partner. When we are busy struggling with fatigue or pain,

it's easy to forget that those around us are suffering, too. Bring your family, friend, or spouse to a very interesting and eye-opening talk.

Dr. Diddel is a psychologist in private practice, specializing in chronic illness and disability. Come and learn with us on June 26, 6:30 p.m., in our regular room, Parlor B145.

## July: Acupuncture Basics

Have you ever wondered if acupuncture could help you? Does it hurt? It may seem very mysterious to us, but acupuncture has been used for thousands of years.

We are very fortunate to have as our speaker the president of the American College of Acupuncture & Oriental Medicine, John Paul Liang. He will explain to us the basics of acupuncture and answer your questions at our July 24 meeting.

Please join us for a very interesting evening at 6:30 p.m.

## August: Brown Bag Meeting (Reservations Requested)

Please don't bring your dinner in your bag! Bring all of 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 requested so that we'll know how many students are needed.

Please call the Information Line at 713-664-0180 or e-mail us at [FMAHouston@yahoo.com](mailto:FMAHouston@yahoo.com). Tell us your name and how many are coming with you. Deadline for reservations is Tuesday, August 21.

This is a very popular meeting, and many have said that they learned important information about their medicines. Please join us on Tuesday, August 28, at 6:30 p.m. in Parlor B145.

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## Health Fairs

Are you interested in traveling to different sites to educate the public about FM? We are looking for volunteers who are interested in working at health fairs around the city. You will also have an opportunity to visit other booths to pick up a few goodies. If you are looking for a way to raise fibromyalgia awareness, call the Information Line and leave your name and phone number or e-mail us at [FMAHouston@yahoo.com](mailto:FMAHouston@yahoo.com).

## 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 may also call us with information about your provider.

# Ten Alzheimer's Warning Signs

Some change in memory is normal as we grow older, but the symptoms of Alzheimer's disease are more than simple lapses in memory. People with Alzheimer's experience difficulties communicating, learning, thinking, and reasoning – problems severe enough to have an impact on an individual's work, social activities, and family life. The Alzheimer's Association believes that it is critical for people with dementia and their families to receive information, care, and support as early as possible. To help family members and health care professionals recognize warning signs of Alzheimer's disease, the association has developed a checklist of common symptoms.

## 1. Memory Loss

One of the most common early signs of dementia is forgetting recently learned information. While it's normal to forget appointments, names, or telephone numbers, those with dementia will forget such things more often and not remember them later.

## 2. Difficulty Performing Familiar Tasks

People with dementia often find it hard to complete everyday tasks that are so familiar we usually do not think about how

to do them. A person with Alzheimer's may not know the steps for preparing a meal, using a household appliance, or participating in a lifelong hobby.

## 3. Problems with Language

Everyone has trouble finding the right word sometimes, but a person with Alzheimer's disease often forgets simple words or substitutes unusual words, making his or her speech or writing hard to understand. If a person with Alzheimer's is unable to find his or her toothbrush, for example, the individual may ask for "that thing for my mouth."

## 4. Disorientation to Time and Place

It's normal to forget the day of the week or where you're going, but people with Alzheimer's disease can become lost on their own street, forget where they are and how they got there, and not know how to get back home.

## 5. Poor or Decreased Judgement

No one has perfect judgment all of the time. Those with Alzheimer's may dress without regard to the weather, wearing several shirts or blouses on a warm day or very little clothing in cold weather. Individuals with

dementia often show poor judgment about money, giving away large amounts of money to telemarketers or paying for home repairs or products they don't need.

## 6. Problems with Abstract Thinking

Balancing a checkbook may be hard when the task is more complicated than usual. Someone with Alzheimer's disease could forget completely what the numbers are and what needs to be done with them.

## 7. Misplacing Things

Anyone can temporarily misplace a wallet or key. A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl.

## 8. Changes in Mood or Behavior

Everyone can become sad or moody from time to time. Someone with Alzheimer's disease can show rapid mood swings – from calm to tears to anger – for no apparent reason.

## 9. Changes in Personality

People's personalities ordinarily change somewhat with age. But a person with Alzheimer's disease can change a lot, becoming extremely confused, suspi-

CONTINUED ON PAGE 5

cious, fearful, or dependent on a family member.

**10. Loss of Initiative**

It's normal to tire of housework, business activities, or social obligations at times. The person with Alzheimer's disease may become very passive, sitting in front of the television for hours, sleeping more than usual, or not wanting to do usual activities. If you recognize any warning signs in yourself or a loved one, the Alzheimer's Association recommends consulting a physician. Early diagnosis of Alzheimer's disease or other disorders causing dementia is an important step in getting appropriate treatment, care, and support services.

Alzheimer's Association  
Houston and Southeast Texas  
Chapter  
2242 W. Holcombe Blvd.,  
Houston, TX 77030-2008  
Phone: 713-266-6400  
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24/7 Helpline: 1-800-272-3900

# Fibro Fog or Forgetfulness

Ask someone with fibromyalgia about fibro fog, and you will likely be met with a chuckle. It is something we insiders try to keep to make light of despite the frustration it causes, because there is nothing funny about it.

Sometimes it manifests itself as a forgotten name. That seems innocent enough. We all experience that moment when we come face-to-face with a person we had casually met on a few occasions, yet for some reason we could not put a name to a face.

Or perhaps it comes in the form of a constant struggle to put a thought or a sentence together or pay attention for long periods of time. This too happens to everyone.

But when a person becomes forgetful and loses train of thought more than normal, that may be a sign of fibro fog.

The symptoms are not surprising for FM sufferers who are often deprived deeper levels of

sleep, but there are some common sense things that a person with fibro fog can do to help get him or her through the day.

- Establish a routine.
- Write it down.
- Get organized.
- Save the most important tasks for your most alert time of the day.
- Remember that you are not going crazy. It is just fibro fog.
- Get moving. Try FMAH's new *Strength through Movement* DVD.

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.

**Mail Call**



**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.

# How Comfy is Your Mattress?

By Mary Harper

Do you remember the story of “The Princess and the Pea?” The queen decided to test the girl’s claim that she was a princess by putting a pea on the bottom of twenty mattresses. Then she laid twenty eider down beds on top of the mattresses. On this the princess had to sleep all night. The next morning when the girl woke up, the queen asked how she slept.

“Oh, very poorly!” she said. “I scarcely closed my eyes all night. Heaven only knows what was in the bed, but I was lying on something hard, and now I am black and blue all over my body. It’s horrible!”

The queen immediately ordered a wedding, since only a true princess could have such delicate skin as to feel a pea through forty layers of bedding.

I’m sure that many of you can identify with the princess. It seems that anything from a sagging mattress to scratchy sheets can interrupt our sleep. Many people have asked us what kind of mattress is best for fibromyalgia. Everyone has his or her own preferences, but we thought that it would be interesting to ask people at our September conference to fill out a questionnaire. It was also available at subsequent meetings. This

poll is not scientifically designed, but it will hopefully give you an idea about what others with FM think of their mattresses.

Following are the results of 61 questionnaires. Please note that not everyone answered every question, so the numbers won’t add up exactly. Kind of mattress owned:

Pillow-top: 20  
Regular: 9  
Medium: 3  
Soft: 1  
Extra firm: 10  
Tempur-Pedic: 9  
Adjustable Tempur-Pedic: 2  
Select Comfort (Sleep Number Bed): 9  
Water Bed: 2  
Adjustable Craftmatic: 1  
Futon with featherbed topper: 1  
Simmons Latex: 1

The cost of the mattress varied, with 28 having the top of the line; 27 had medium-priced, and two people owned budget-priced mattresses. The age of the mattresses ranged from less than a year old to more than 10 years old. Age of the mattress:

Less than 1 year: 4  
1-2 years: 9  
3-5 years: 15  
5-10 years: 23  
Over 10 years: 5

Thirty-five people liked their current mattresses, while 13 didn’t. Seventeen people said that their mattresses were okay

sometimes. When asked if they would buy the same mattress, 25 said yes, while 21 said they would not purchase it again.

Of those thinking about replacing their mattresses, 21 said that they’d consider the Tempur-Pedic®, while 20 said that Select Comfort would be their choice. Other choices were pillow-top (6) and extra-firm (2) mattresses. Three people wanted an adjustable bed similar to a Craftmatic®, while one person wanted a medium firmness.

Pillow-top owners were divided in their opinions. Nine liked their mattresses, seven sometimes liked them, while three said that they didn’t like it. Of those nine who liked them, all said that they would buy them again. The 10 who either “sometimes liked” or didn’t like their mattresses said that they would not buy them again. Comments included that the mattresses were “too hard,” “firm support but need to add foam topper,” “very comfortable,” “hurts my hips unless I have a fresh memory foam topper on it, too,” “not always soft enough,” “gives me back pain,” and “soft, but supportive.”

Tempur-Pedic® owners were more united in their praise of the product. Seven people liked it, while one said “sometimes” and another said he or she didn’t like

it. Only one person said that he or she wouldn't buy it again. Some owners' comments were: "firm, not hard," "relieves pressure points," "gets too warm," "fine quality," "less pain in the morning," and "doesn't register my husband's movements."

The Sleep Number Bed by Select Comfort™ owners were unanimous in their praise. All eight owners liked it, and all said that they would buy it again. Comments about this bed were "love it, change as pain level changes," "I also put a memory foam topper on my mattress, because sometimes I have to sleep on pillows," "much better than water bed; spouse has different setting," "I like the 5000 model better than the 7000," "very comfortable," and "it has lasted a long time and is still good."

FM people can get pretty creative when it comes to trying to get some sleep. One person said that she hadn't slept in a bed since 1999. She sleeps in a comfortable recliner chair that goes almost flat. Another person said that she sleeps on a two-inch memory foam topper from Wal-Mart, which she puts on the carpet at night. Another respondent suggested that if you pick a mattress with springs, make sure that it has lots of springs with a two- or three-inch latex top.

Mattress toppers are popular, with 31 people using them. Memory foam (13) is the most used. Down toppers (7), egg crate



(4), Cuddle Ewe (3), pillow-top (2), microfiber (1) and Biopedic (2) were other types listed. Most people used toppers because their mattresses were uncomfortable, while nine others used them for extra support. Others said they like them for traveling, they're cheaper than buying another mattress; or they're softer to the touch, or good for "pain points."

However, 14 people reported that they disliked mattress toppers. Egg-crate types were rated as "too hot," "didn't last long," or their sheets didn't fit over it. One person said that the down topper wasn't thick enough, and another "couldn't get the imprint out after a few nights." Others said that memory foam was too hot, and one couldn't turn over while sleeping on the foam. One person reported that she did not like the Cuddle Ewe pad, although no explanation was given.

We are always open to your opinions, and if you didn't get a chance to answer our questionnaire, please e-mail, [FMAHouston@yahoo.com](mailto:FMAHouston@yahoo.com), or

call us. Just let us know what you're using, if you like it, and why. One respondent would like to know if anyone has ever bought a "Dux Bed." If you have, please let us know and we'll pass on the information to him.

The final question, "Do you sleep alone?" was asked to see if those who slept alone slept any better than those who slept with a partner or their pets. Ten people sleep alone, while 28 slept with someone else. Eleven admitted to sleeping with their pets. My theory is that pets and partners can disrupt our sleep. In retrospect, I should have asked a follow-up question, such as "Does your partner or pet disrupt your sleep, and if so, how?" That will have to be in another questionnaire. This was not intended to be a scientific study, but rather a sampling to get an idea of what FM patients are sleeping on at night and to try to shed some light on that difficult question: What kind of mattress should I buy?

## 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.

Ofelia Vanden Bosch

Phyllis Cotter

ExxonMobil,\* thanks to Bill and

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Sandy Woodhouse

The following Halliburton

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Daniel Gise

Jack Robertson

Paula Childress, in memory of

Mario Pieroni

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

# Research Update

## Clinical Trial: Xyrem Study

Todd J. Swick, M.D., is currently recruiting patients with fibromyalgia for a clinical study evaluating the drug Xyrem®.

The treatment phase of the study may last up to 14 weeks. Study medications, laboratory tests and physical examinations are provided for all study participants. To be eligible, participants must meet The American College of Rheumatology's criteria for fibromyalgia.

To learn more about the study or discuss your eligibility, call 713-465-7066.

## Pilot Study: Fibromyalgia Syndrome and Hand Functionality

Matthew C. Mireles, Ph.D., M.P.H., is conducting a research project to study fibromyalgia and to test a new device and method to measure hand functionality.

The goal of the study is to identify common characteristics or patterns of motor and sensory hand functionality associated with fibromyalgia.

For more information about the study, contact the Community Medical Foundation for Patient Safety at 832-778-7777.

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## CONTINUED FROM PAGE 1

public about FM and chronic fatigue syndrome.

We are celebrating International Awareness Day on Saturday, May 12, with a special meeting from 2 to 4 p.m. We'll be showing the excellent video *Show Me Where It Hurts*, which features Dr. Patrick Wood explaining how new brain imaging technologies have changed the way we view FM.

The film also introduces patients who discuss their own challenges and how they cope with a chronic illness.

Dr. Wood was the keynote speaker at our September conference. If you missed his talk, come see the video.

After the film, we'll have an old-fashioned ice cream social.

We'll provide the ice cream and all the fixings for a yummy sundae. Come and meet others who are living with FM.

Bring your family and friends. Tell your doctors and other health care practitioners about the event.

The meeting will be held at St. Luke's United Methodist Church, but not in our regular room. We'll be upstairs in room R21.

There is an elevator near the front of the church, and the room is just off the elevator. We'll have signs posted to make it easy to find.

Please note that we will not have our regular meeting on the fourth Tuesday, May 22. The only May meeting will be our special Saturday, May 12, event.

# 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](http://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](http://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](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

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](http://missionfish.org). Search for Fibromyalgia Association of Houston. Follow the directions. Or donate an item that FMAH can sell online for you.

## **Bruno electric scooter for sale**

\$1000. Used less than one hour! Top of the line. Mention this ad and a donation will be made to FMAH. I am in Austin but I can deliver it to Houston or nearby. Call Elaine Kluge, 512-273-0043.

## **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](mailto:FMAHouston@yahoo.com).

## **New Board Members**

**Claudia Metting** joins us as Vice President of Volunteers. She graduated from the University of Texas-Houston branch nursing school in 1975.

Claudia worked mainly in neonatal and pediatric intensive care in various hospitals. She went into school nursing in 1989, has worked at various schools in Fort Bend ISD, and had to start working part-time a few years ago due to FM.

Since she has a grown son and daughter, Claudia has focused on just volunteering with FMAH and has enjoyed being the volunteer coordinator last year.

Our new director, **Suzanne Boase**, was born in Australia, moved to the United States when she was 10 years old, and graduated with honors from the University of Texas at Austin.

She worked as an award-winning TV news anchor/reporter in Wichita Falls, TX; in Oklahoma City, OK; and for KPRC-TV, Channel 2 News in Houston.

She covered many events including the Andrea Yates trial, 9-11, and the Oklahoma City bombing, before leaving TV news to work in pharmaceutical sales. After finding out she has fibromyalgia, Suzanne began working parttime, but still volunteers for several charities.

# The FMAH Store

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

## 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.

***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.

## 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.

***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
<b>BOOKS:</b>			
<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	\$ _____
<b>DVDs:</b>			
<i>"Piecing Together a World with Hope"</i> <i>FMAH Conference September 30, 2006</i>	_____	\$16.00	\$ _____
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