

the FIBROMYALGIA Connection

PIECING TOGETHER A WORLD WITH HOPE

WINTER 2004 - VOLUME 11 - NUMBER 1

Mary's Message

I hope that everyone had a wonderful holiday season and that you have a healthier, happy new year. With the beginning of the new year, it seems fitting to start out with some changes at FMAH.

I'm very pleased to introduce the new managing editor of *The Fibromyalgia Connection*, Dot Anderson. A graduate of the University of New Orleans, Dot earned her Master of Social Work degree from the University of Houston. She worked for eight years with HIV/AIDS patients until her fibromyalgia forced her to retire. This year, Dot started a successful FM support group in Katy.

The person responsible for the new look of this newsletter is Sheshe Giddens. A graduate of the University of Texas at Austin, she also holds a certificate in technical communications/desktop publishing from Houston Community College.

Sheshe is taking a break from pursuing a master's degree due to fibromyalgia. She is the managing editor of the University of Houston-Clear Lake's *Egret* magazine. Sheshe will be working closely with Dot to produce the newsletter. In addition to designing the graphics and layout of *The Fibromyalgia Connection*, Sheshe is our new webmaster. A woman of many talents, Sheshe is in the process of redesigning our Web site. She will be responsible for updating the information on the Web site. The new site will be launched soon, so check it out at www.fmah.org.

I'm excited about the changes at FMAH. We're working hard to bring information to you in a timely manner. Please let us know what you think about our new look. We welcome your comments at FMAHouston@yahoo.com or write to us at P.O. Box 2174, Bellaire, TX 77402.

Take care,
Mary Harper
President

Get Ready for the Garage Sale

It's time once again to begin collecting treasures for our big garage sale. With the beginning of a new year, it's the perfect time to clean out your closets. Kitchen items, clothing, toys, children's or baby clothes, tools, sheets, books, and furniture are all popular garage sale items.

If you got any unwanted Christmas presents that are not returnable, consider donating them to FMAH. Upon request, we will provide you with a tax receipt.

The sale this year will be held on Saturday, March 6. We will need lots of help before the sale with pricing and sorting. On the day of the sale, we'll need people to help organize and sell the merchandise. Healthy spouses and friends are most welcome to join us.

Please bring your items to either the January or the February meeting. As in the past, Mary Harper will accept items dropped off at her house.

If you have any questions about the sale or if you would like to help, please e-mail Mary at FMAHouston@yahoo.com or call Mary at 713-666-8843.

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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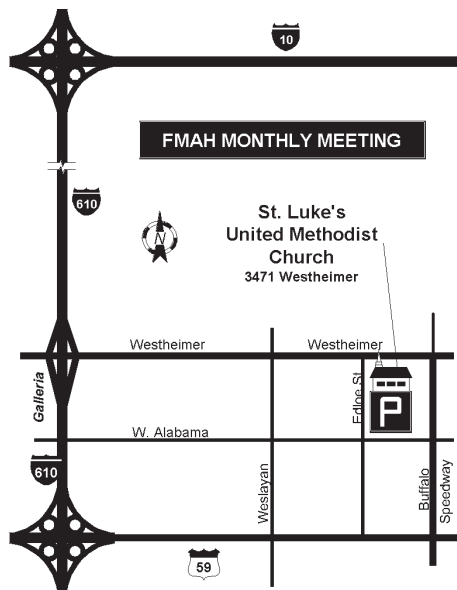
For more information about fibromyalgia, call the FMAH Hotline at 713-664-0180, and a volunteer will return your call.

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 713-664-0180. Parking is free in the church lot.

Before each meeting, at 4:30 p.m., please join us for dinner at the Cleburne Cafeteria, located at the corner of Edloe and Bissonnet. The cafeteria features home-cooked food and accepts cash only. Come for lively conversation and lots of laughs.



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.

Jan. 27, 2004 **Lara Jones, PA-C (associate of Dr. Angela McCain)**
Treatment Issues

Feb. 24, 2004 **Heather Taylor, PhD, Center for Research on Women with Disabilities**
Improving Relationships if You Have Chronic Illness

March 23, 2004 **Diane Pope, Certified Hypnotherapist**
Pain Control through Hypnotherapy

April 27, 2004 (speaker to be announced)

May 25, 2004 **Heather Taylor, PhD, Center for Research on Women with Disabilities**
Pain Self Management

FMAH Meeting Schedule

January: Treatment Issues

Join us in January as we start our new year dealing with new information about treating our FMS. We are pleased to have Lara Jones, physician's assistant with Dr. Angela McCain's office, share her knowledge with us.

Lara's background is in chronic-pain management and fibromyalgia. Dr. Angela McCain is a rheumatologist in Sugar Land who now specializes in rheumatoid arthritis, but who has treated fibromyalgia patients for many years.

She has been unable to see fibromyalgia patients in the past because of the overwhelming amount of RA patients needing treatment. She brought Lara on staff to help take care of all the fibromyalgia patients in our area desperately needing treatment.

Dr. McCain and Lara would like to be listed in your publications or Web site as specialists currently accepting fibromyalgia patients. They are located at 16659 Southwest Freeway, Suite 235, 281-980-2717.

February: Relationships

February is the month of love, the month we celebrate Valentine's Day. Sometimes we forget that people with FMS need love, too. Relationships are important to everyone, and very often ours are strained or burdened by the limitations of FMS.

Heather Taylor, PhD, is the Assistant Director of Research, Center for Research on Women with Disabilities, and Assistant Professor, Department of Physical Medicine & Rehabilitation, Baylor College of Medicine.

She will present ideas for keeping healthy relationships even when we may be less than healthy. Bring your spouse or significant other. We'll break up into separate groups, one for the patients and one for the healthy spouse. Come learn healthier ways of communicating and improving your relationships.

Dr. Taylor earned her PhD degree in psychology at the University of Houston, Houston, Texas. She has conducted multiple presentations at both the national and international level.

She has served as co-investigator and/or project director on several grants studying women with disabilities on topics including self-esteem, health promotion, stress, and depression.

Dr. Taylor has conducted pain management groups for men and women with chronic pain at the University of Texas Medical Branch and is currently seeking funding for pain research. She has several years of experience providing counseling and psychotherapy for individuals with various psychosocial concerns, including chronic pain and

pain management, healthy relationships, and abuse and violence. Having been diagnosed with multiple sclerosis in 1999, Dr. Taylor has personal life experience managing a chronic illness.

March: Hypnosis for Pain Control

Diane Pope, Certified Hypnotherapist, was scheduled for last September and was unable to attend. She will be at our March meeting to educate us on the subject of hypnosis.

Diane Pope is a hypnotherapist with an active practice in the Houston area. She has a Master of Science in nursing from the University of Texas Health Science Center at San Antonio. Diane is certified through the International Medical and Dental Hypnotherapy Association and the National Guild of Hypnotists. She has 121 hours of formal classroom and clinical training through Anne King's Hypnotherapy Center in Boerne, Texas.

Diane not only maintains her continuing-education hours, she teaches throughout the United States. During her career as a Clinical Nurse Specialist in Psychiatric/Mental Health and Community Health, she often used hypnotherapy for client relaxation and pain control. She

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Speaking with the Experts

Mary Harper, Peggy Napleton, and Dot Anderson had the unique opportunity of meeting in a small group (five total) with Dr. Rollin Gallagher, Professor of Psychiatry and Anesthesiology, Director of Pain Medicine at Hahnemann School of Medicine, and Professor of Public Health, Philadelphia University.

He is a founding board member of the American Academy of Pain Medicine and was in Houston to speak at a pain and palliative-care conference. His passion is pain management.

His message to us was the need to raise awareness and to lobby Congress about promoting recognition of pain management as a specialization in medical schools.

Currently pain management is a subspecialty, which means students can complete medical school without any courses in pain management and later, as doctors, can promote themselves as pain management specialists without any credentialing or background in the field.

Once an area of treatment becomes a specialization, a doctor must have completed certain course work and must take continuing education in that area to maintain his specialization.

By doing this, a standard of credentials for practicing pain

management would exist so consumers could know what to expect.

He said we have a valuable resource among ourselves because we can do so much to further our cause by working together. He encouraged us to do so and reminded us that doctors are people (fallible), too.

We should be able to seek out a pain management physician who has actually been trained in the field of pain management.

Dr. Gallagher spoke about the flaws in our medical system when someone like Dr. Kevorkian can become a hero by assisting the end of life for people because their pain had not been adequately treated.

Because pain is not measurable by any traditional test, doctors ignore it or feel uncomfortable treating it, and consequently patients suffer unnecessarily. There are still Jurassic doctors who are afraid to prescribe pain medications for fear of addiction.

Our society perpetrates that fear with its own witch hunt on addicts. The State of Texas uses a

special triplicate prescription form for prescribing opioids and requires that it be filled within seven days, which further discourages doctors from prescribing adequate pain medication. But Dr. Gallagher said even addicts deserve to have their pain relieved and it is possible to prescribe pain medication effectively by doing an adequate history and evaluation of the individual.

One positive step Texas has taken in this direction is the passage of an "Intractable Pain Act." Due to the efforts of Dr. C. Stratton Hill, Jr. and members of the Texas Pain Society, doctors and patients cannot be punished for the necessary use of restricted medications as long as they follow the guidelines of good medical care.

Although people with fibromyalgia usually do not want to take strong opioids, there are times when we may need them, and we should be able to obtain them. We should be able to seek out a pain management physician who has actually been trained in the field of pain management and upon whom we can rely to be familiar with the pain of our disease. These are our rights as patients, and Dr. Gallagher would empower us to use those rights. ■

Obtaining the Medications You Need

One thing everyone with FMS has in common is prescription medications. Many of us do not have the luxury of a prescription insurance plan and need help meeting the expense.

The easiest solution is asking your doctor for samples or if a generic that you can afford is available. After that, you can lessen the expense by shopping pharmacies to find the best prices.

A recent feature on Channel 11 News and several newspaper articles addressed the huge discrepancy between pharmacies. Channel 11 News Defenders checked prices on a variety of commonly prescribed drugs and found price discrepancies of as much as \$100.00 or more.

They reported that Walgreens, Eckerd, and CVS were about the same, but Sam's Club was significantly less and Costco was the cheapest of all, regardless of the medication.

For those who are unaware, there is a Costco in Houston on I-10 West at the Bunker Hill exit and one near Willowbrook Mall on N. Gessner; or online at www.Costco.com. And you can shop the pharmacies of both Sam's Club and Costco without being a member.

Another option many choose is purchasing medications through the Internet or abroad.

While you usually can find cheaper prices with some Internet investigation, the FDA warns that you run the risk of receiving drugs from other countries that may not be of standard quality.

The FDA is responsible only for drugs marketed and labeled in the United States, and it is because of their legal requirements and safeguards that consumers are assured of receiving drugs with consistent quality and potency.

The risks of medicines from foreign countries include counterfeit versions of a U.S. drug, lack of quality assurance in production, and safety and effectiveness issues.

There is also a legality issue. According to the FDA, you can import drugs from Canada if the prescription is limited to a three-month supply and it is for your own personal use; however, it is illegal to import medications from many countries.

Two Canadian Internet sites are www.canadianmedsusa.com and www.northcaredrugs.com.

Others of us find we cannot afford our medications at all and wonder what options are available. The Harris County Hospital District provides health care services and prescriptions to low-income individuals. They fill prescriptions written only by

their own doctors, so you must see a doctor to get a prescription filled.

To qualify for their services, you must obtain a Gold Card from Financial Eligibility at either Ben Taub or Lyndon B. Johnson Hospital or at an Eligibility Office.

If you qualify for Medicaid, that program covers the expense of three prescriptions a month. Medicaid is available for those on SSI (Supplemental Security Income), which assists those ineligible for Social Security Disability Insurance.

Information about SSI and SSDI is available through the Social Security Administration, 800-772-1213 or www.ssa.gov.

If you cannot take advantage of either of these options, there is a nationwide organization for people unable to afford the cost of their drugs.

Their basic requirements are that you (1) have no insurance coverage for outpatient prescriptions, (2) do not qualify for Medicaid/Medicare, and (3) cannot purchase your prescriptions without causing significant hardship to yourself or your family. Contact them at 573-996-7300 or get more information at www.themedicineprogram.com/info.

Additionally, there are some

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Update on New Medications

Two medications are on the horizon that have been tested on patients with fibromyalgia and that offer hope. One is Milnacipran, which is in a new class of drugs, Norepinephrine and Serotonin Reuptake Inhibitors (NSRIs). While serotonin has a greater influence

on mood and sleep, norepinephrine mediates central pain, and both have shown to be lower than normal in research on people with FMS. Cypress Bioscience Inc., the company producing this drug, claims this may be the first therapy specifically designed to treat this disorder.



Phase II trial results were released in October and found Milnacipran significantly decreased pain separately from its regulation of depression in subjects with FMS. Phase III trials, now in progress, were designed in conjunction with the EPA with the intention that, pending results, Milnacipran will be approved for public release in 2004.

The other medication is Pregabalin, a drug developed in 1989 to treat epilepsy. Pfizer, its manufacturer, submitted it to the Food and Drug Administration last month for approval to treat neuropathic pain, epilepsy, and generalized anxiety disorder. If approved, Pregabalin could be available by next summer. In

clinical trials, it proved to significantly improve sleep and fatigue levels. It was also evaluated for efficacy and safety in patients with fibromyalgia, and it proved safe in dosages up to 450 mg/day. According to Dr. Crofford, who presented the study findings, they cannot explain why the drug works in fibromyalgia. It binds to calcium channels, which creates pain relief, decreased anxiety, and decreased anticonvulsant activity. Pfizer is also the manufacturer of Neurontin, which is sometimes prescribed for restless-leg syndrome and muscle tension, both common symptoms of FMS. They predict Pregabalin will be even more effective and successful. ■

MEDICATIONS CONTINUED FROM PAGE 5

assistance programs through individual drug companies or through the state. Go to www.benefitscheckup.org or call the state health department to find programs you may qualify for. Medicare enrollees can find help at www.helpingpatients.org or 800-762-4636. Individual drug company Compassionate Use programs are as follows:

- **GlaxoSmithKline's Orange Card**, 888-672-6436
- **Eli Lilly's Lilly Answers**, 877-795-4559

- **Pfizer's For Living Share Card**, 800-717-6005
- **The Together Card**, 800-865-7211 (a conglomerate of seven companies)

Other pharmaceutical companies may not have an organized drug assistance plan but will provide medication under special circumstances. If you do not find a Compassionate Use program for the medication you need, contact the company anyway to see if they can help you.

Any assistance is always worth pursuing if it can help you stay healthy. ■

MEDICATION ASSISTANCE RESOURCES

If you are having difficulty affording your medicines, the following groups may be able to help.

Pharmaceutical Research and Manufacturers of America (PhRMA):

Web site: www.helpingpatients.org

Medicine Bridge:

Telephone: 877-667-MEDS

Web site: www.medicinebridge.org

The Medicine Program:

Telephone: 573-996-7300

Web site:

www.themedicineprogram.com

SCHEDULE CONTINUED FROM PAGE 3

has over 25 years of health care background.

Diane sees herself as a Life Expander (not a shrink), exploring healthy, productive, and joyous lifestyle changes on all levels with her clients. Her presentations are informative and entertaining. An episode of back pain when she was 21 led to her introduction into hypnosis for pain control. Since that time, she has used the techniques for many patients, family members, and friends.

May: Pain Self-Management

Dr. Heather Taylor will return in May (see February) to give a presentation on how we can learn to self-manage our pain. This is one of her favorite presentations, and she is looking forward to returning and instructing us on ways we can utilize pain self-management.

If you missed her February presentation, this will be another opportunity to hear her speak. ■

Lend Your Ideas to the Advisory Council

Would you like to get involved with FMAH but don't know how to start? The Advisory Council was created for you! The Advisory Council helps determine meeting speakers and plans special projects such as the garage sale and the upcoming patient conference. We always need new ideas, and everyone is welcome to attend.

The next meeting will be on Tuesday, January 20, at 10:30 a.m. It will be at President Mary Harper's home near the Medical Center, 2343 McClendon. Mary lives between Kirby and Greenbriar, and two blocks north of Holcombe/Bellaire. We'll have an informal lunch after the meeting. Bring your own sandwiches, and Mary will supply drinks and chips.

Please call the Hotline at 713-664-0180 or e-mail us at FMAHouston@yahoo.com if you would like to attend or if you have any questions.



Memory Minders for Sale

We now have available for sale our Memory Minder books. The Memory Minder is a journal that allows you to record how you're feeling, weather changes, what you ate that day, exercise or activities that need to be noted, and anything else that could affect your health. Besides being an excellent reminder of "what happened when," it can provide information that would be helpful when you visit your doctor (dates of flare-ups, food reactions, frequency of exercise, etc.). If you are applying for disability, the Memory Minder will be an invaluable way to document your condition. To order, see the order form at the back of this newsletter. The price is \$16.00 (includes shipping), or purchase one at the meetings for \$14.00.

Need a doctor, a lawyer or a massage therapist?

Need to talk?



Call the FMAH Hotline!

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

Did You Survive the Holidays?

The holidays are a hectic but wonderful time of year. We go to parties, visit friends and family we haven't seen since last year, and gorge ourselves on those delicious holiday feasts. We eat and drink things we know we'll regret the next day, and we end the festivities with New Year's Day, when we dutifully make a demanding list of resolutions we intend to keep.

For people with fibromyalgia, the holidays can be our worst time of year. All our routines are wrecked. The food and beverages we consume can be toxic to our bodies, and the stress of picking up one last gift or making one more pie is overwhelming. In other words, for us, the happiest time of the year is also the most debilitating.

So on January 2nd, as you forced yourselves out of bed with wills of steel and begged your muscles to stop throbbing and burning, I hope you took just one

tiny moment to reflect, not on the negativity of the fatigue and the pain, but on your ability to get through it. I think if "give myself praise" isn't on your New Year's resolution list, you need to revise it.

As the Type A personalities we are, it's far too easy to go through the holidays blaming ourselves for not doing enough, not going enough places, not being a good enough hostess, and so on. We fill ourselves with more regret than joy. We punish ourselves for the limitations of our disease, and that is just so unfair to us.

Any person with fibromyalgia who made it through the hectic holiday season and is still able to get out of bed on January 2nd deserves a celebration for her or his accomplishment. If you haven't done so already, I suggest that you take out your list of New Year's resolutions right now, and make some serious changes.

Forget about pledging to exercise twice as often this year. That just creates additional stress to perform. Add resolutions like "I will pamper myself as often as needed" and "I will remember to be proud of what I do accomplish instead of criticizing myself for what went undone." Or how about "I will not feel selfish for letting someone else do the work"? (That would be a difficult resolution for us to accomplish.)

After all, as we suffer through the pain of recovering from the holiday season, our state of mind, at least, could have the warm, fuzzy feeling of approval. If you haven't done so already, give yourselves a huge pat on the back for all that you did do (IF you can lift your arms that high). The best and easiest way to get through this disease is gently and with kindness, so give yourselves a big dose of both. ■

New Treasurer Needed

FMAH is sad to announce the upcoming resignation of our treasurer, Deanne Brown. Deanne has been our treasurer since 1998, and has been extremely dedicated to the organization. Over the years, she has spent many hours balancing the books and keeping us on track. Deanne plans to keep active with FMAH, and hopes to begin writing grant applications to help support us.

We are now in the process of interviewing for a new treasurer. If you have bookkeeping experience, and have some time to give, we'd love to hear from you. The treasurer needs to attend most of our regular meetings, and in addition, becomes a member of the Board of Directors. The Board meets four times per year. If you're interested in the position, please call the Hotline at 713-664-0180 or e-mail us at FMAHouston@yahoo.com.

Katy Area Support Group BY DOT ANDERSON

The Fibromyalgia and Chronic Pain Support Group in Katy is going strong. As I've gone to different places promoting the group, it has amazed me how many people know someone with FMS. Almost everyone has a sister, neighbor, friend at church, or daughter in California who has the disease.

I've also been gratified by the powerful response from those who regularly attend the group, and would like to say thank you.

The group meets monthly on the first Wednesday at 6:30 p.m. at St. Peter's Methodist Church, 22075 Kingsland Blvd. (right on Kingsland from S. Fry Road exit off I-10). The upcoming meeting dates are February 4, March 3, April 7, and May 5.

We will have a medical speaker in February and a yoga lesson in April or May; other topics are pending as of this writing.

For more information or to discuss a concern, contact Dot Anderson at 281-578-2858 or e-mail her at DotAnd@aol.com.

Thanks for Our Web Site

FMAH would like to thank volunteers Norman and Vanessa Farrington for their hard work in establishing and maintaining our Web site since 1998.

They spent many hours designing the layout and graphics for www.fmah.org. Thousands of people have seen the Web site, and many have e-mailed to thank us for our presence on the Web.

They have appreciated the information provided and find the listings of upcoming meetings to be very useful. Thank you, Vanessa and Norman, for a job well done!

Carpooling

Some of you have asked about carpooling to our meetings from distant areas like Conroe or Katy. We realize the night driving is difficult for many of us, and would like to think of a way to make things easier.

FMAH cannot accept the legal responsibility for organizing carpools; however, we would like to help you get to meetings if we can. Are there those of you who live in these faraway places who would be willing to coordinate a carpool in your area? If so, please let us know.

We can create a carpool list on our Web site (www.fmah.org) and add names of people in different areas as coordinators or who are interested. This is just one thought. If anyone out there has a better idea, please give us a call at 713-664-0180 or e-mail FMAHouston@yahoo.com.

A carpool is also a good way to meet your fellow group members so you won't feel as much

like a stranger when you arrive at the meeting, so give this some thought.

It's Audit Time Again

We are also in need of a CPA to audit our books for the end of our fiscal year. If you are a CPA or know a CPA who would be willing to take on this task, please let us know by calling the Hotline, 713-664-0180.

It's not an extremely difficult job, but it is required, nevertheless. Perhaps there is a retired CPA out there for whom this job would be perfect. Thanks.

New Column Planned

As the new editor, I thought it would be fun to add a new column to which the readers would contribute. If you have a question related to fibromyalgia that we could discuss in this column, please send it in.

Send it to FMAH, Attn: Dot, P.O. Box 2174, Bellaire, TX 77402, or e-mail it to FMAHouston@yahoo.com.

We will endeavor to find an answer for you, keeping in mind, of course, that we are not physicians and cannot give medical advice.

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

A Reader Writes

SUBMITTED BY BONNIE HOPKINS

Dear FMAH Readers:

I can't say enough good things about FMAH and the difference it has made over the years in how I see this illness and in how I live with it on a daily basis. When I first started coming to meetings, the emotional side of me was all sad and angry about being given this affliction on top of so many other seemingly bad things in my life. In short, I was feeling a little like Job in the Bible. But the rational side of me was looking for answers, and the path to those was in gathering information.

FMAH did that for me and opened my eyes to hope. Most of the speakers they provide give solid information as it relates to the disease itself, but they also introduce speakers with alternative ideas, since not every type of treatment provides the same amount of relief to every individual with this illness.

The leadership and helpers with FMAH have directed me to Web sites full of information as technical or as simple as I wanted, provided books and other materials, given recommendations for locating a doctor that is good for me, and have been there with words of kindness and support when it was needed.

I am so appreciative of all the volunteers and their hard work in starting this organization and keeping it going strong for as long as they have. I look forward to having them continue with their efforts to help all of us stay on the cutting edge of information on this disease with their report-backs from conferences they attend and the annual "state of the disease" with updates from doctors leading the effort to improve the quality of our lives and combat this disease. I also must thank them for supporting

the efforts of others who want to contribute to our wellness by starting FM support groups in other areas of town.

I have started attending meetings with the newly formed Katy FM group and am very happy to have the chance to be involved with a smaller, more intimate group of people with Fibromyalgia who, by sharing personal experiences, have encouraged me to try new treatments and openly talk about how this disease affects me personally.

Together FMAH and the Katy FM group provide a diversity of information and support that best meets my needs. Thank you one and all!!! May the next year bring us all closer to wellness!

We invite others to share their stories if this support group has helped them in some special way. ■

FMAH Donors

The following generous donors are people who have given contributions by check. We are unable to thank each of you who donated cash, but we are grateful for everything that you give us. The * indicates contributions of \$50 or more. Thank you!

Mrs. Lyndall Hale
Valerie Anderson
*Randalls
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Bridget Rainey
Helen Hobbs
*Renate Reibel
Mary Howell
Catherine Reen
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Get Well

Bernadean Rosenblatt:

For her speedy recovery from back surgery

Jean Delisi:

For **Ginger Drake**, Thinking of you and hope they find a cure

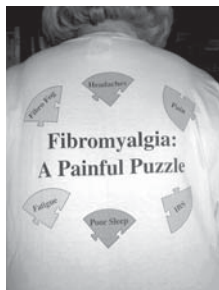
The FMAH Store

Books, Videos, T-shirts, and More!

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

	Quantity	Price	Total
Books:			
<i>Living with Fibromyalgia: A Practical Guide to Coping</i> , edited by Thomas Romano, MD, and FMAH	_____	\$ 7.00	\$ _____
<i>The FM Help Book</i> , by Jenny Franzen & I. Jon Russell, MD, PhD	_____	\$23.00	\$ _____
<i>FM Connection</i> - out-of-state subscription newsletter: 3 issues per year	_____	\$10.00	\$ _____
<i>Memory Minder Personal Health Journal</i>	_____	\$16.00	\$ _____
Videos and CDs:			
<i>Treating Fibromyalgia</i> , Drs. Robert Bennett and Sharon Clark	_____	\$10.00	\$ _____
<i>Social Security Disability and FM</i> , Pi-Yi Mayo, Attorney	_____	\$10.00	\$ _____
<i>Mind/Body Psychology: What is Body Talk™ ?</i> , Cathy Chapman, PhD	_____	\$10.00	\$ _____
<i>Pharmacy Compounding</i> , Kenneth Hughes, RPh	_____	\$10.00	\$ _____
<i>Chronic Fatigue and FM</i> , Patricia Salvato, MD	_____	\$10.00	\$ _____
<i>FM Research Advances</i> , (2 CDs or cassettes, please specify) I. Jon Russell, MD, PhD	_____	\$12.50	\$ _____

FMAH T-Shirts



(circle size):

L - XL	_____	\$11.00	\$ _____
XXL - 3XL	_____	\$12.00	\$ _____
4XL	_____	\$13.00	\$ _____

Donation: \$ _____
Total: \$ _____

Method of Payment (please check one) MasterCard Visa Check or Money Order
Make payable to: FMAH, P.O. Box 2174, Bellaire, TX 77402.

Card # _____ Name _____

Expires: Month ____ Year _____ Address _____

Signature _____ City _____ ST ____ ZIP _____

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 (please check one): Birthday Memorial Other

Send notice of this remembrance to:

Name: _____

Address: _____

Please make checks payable to: FMAH
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