

# The FMAH Store

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

## BOOKS

***A Husband, A Wife, & an Illness: Living Life Beyond Chronic Illness***, by Dr. William July and Jamey Lacy July. Provides a personal insight into the husband-and-wife dynamic as chronic illness tests their relationship. The Julys share practical tips for both the caregiving spouse and the afflicted spouse.

## DVDs

***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, this video will get you moving!

## CONFERENCE DVDs

***New Hope for Fibromyalgia: Research Updates***. A two-DVD set of the Symposium held September 25, 2010. Researchers Andrew Holman, M.D., and Patrick Wood, M.D., discussed their theories and implications for treatment. This is the perfect way to learn the latest from the comfort of your couch.

## MEETING DVDs

***Changes in Social Security Disability***, Robert Hardy, attorney. Hardy is an expert in Social Security Disability law. He explains the current procedure for applying for disability benefits and discusses changes.

***Fibromyalgia and Pain***, Phillip Phan, M.D., director of neuromodulation and pain management, Baylor College of Medicine. Dr. Phan explains theories of why FM patients suffer pain, and comments on available therapies.

***In Sickness & In Health: Keeping Love Alive in the Midst of Chronic Illness***, Dr. William July and Jamey Lacy July. Professionally recorded live at our February 2009 meeting, this DVD is packed with over an hour of realistic information and inspiration for couples and individuals living with chronic illness.

***Is There Anything New about Fibromyalgia?*** by Robert Walker, M.D. Learn Dr. Walker’s views about FM and possible environmental links.

***Little Things Mean a Lot: The Feldenkrais Method***, MaryBeth Smith, director, Feldenkrais Center of Houston. Experience a new, gentle way of moving and relaxing your muscles.

***Medical Massage and You***, by Mike O’Quin, MMP. Learn how medical massage can help you feel better. See a demonstration of Active Isolated Stretching on president Mary Harper. August 2009.

***Sleep in Fibromyalgia***, Shyam Subramanian, M.D., former medical director, Baylor College of Medicine Sleep Center. Learn how sleep disorders affect FM, and treatments to improve your sleep.

***Pain, FM and TMJ Dysfunction***, Ronald Auvenshine, D.D.S., Ph.D. Learn more about jaw pain caused by temporomandibular joint disorder, how it is treated and its connection to fibromyalgia.

## 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.

***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>A Husband, A Wife, &amp; An Illness:</i>	_____	\$16.00	\$ _____
<i>Living Life Beyond Chronic Illness</i>			

<b>DVDs:</b>			
<i>Show Me Where It Hurts</i>	_____	\$20.00	\$ _____
<i>Strength Through Movement</i>	_____	\$11.00	\$ _____

<b>CONFERENCE DVDs</b>			
<i>New Hope for Fibromyalgia: Research Updates</i>	_____	\$12.00	\$ _____

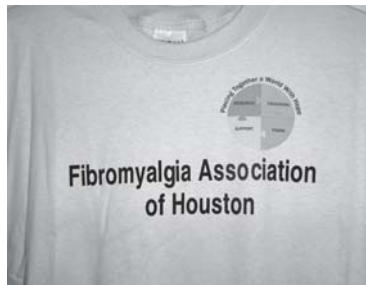
<b>MEETING DVDs:</b>			
<i>Changes in Social Security Disability</i>	_____	\$6.00	\$ _____
<i>Fibromyalgia and Pain</i>	_____	\$6.00	\$ _____
<i>In Sickness &amp; In Health: Keeping Love Alive in the Midst of Chronic Illness</i>	_____	\$16.00	\$ _____
<i>Is There Anything New about Fibromyalgia?</i>	_____	\$6.00	\$ _____
<i>Little Things Mean a Lot</i>	_____	\$6.00	\$ _____
<i>Medical Massage and You</i>	_____	\$6.00	\$ _____
<i>Pain, FM and TMJ Dysfunction</i>	_____	\$6.00	\$ _____
<i>Sleep in Fibromyalgia</i>	_____	\$6.00	\$ _____

<b>MISCELLANEOUS:</b>			
Lapel Pin	_____	\$3.00	\$ _____
<i>The Fibromyalgia Connection</i>	_____	\$10.00	\$ _____

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

## FMAH T-Shirts

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



(circle size): S, M, L, XL

_____	\$12.00	\$ _____
	Donation:	\$ _____
	Total:	\$ _____

**PRICES INCLUDE TAX AND SHIPPING.**

Method of Payment (please check one): MasterCard ( ) Visa ( ) Check or Money Order ( ). Make payable to: FMAH, P.O. Box 541742, Houston, TX 77254-1742. For questions, e-mail [info@fmah.org](mailto:info@fmah.org) or call the Information Line at 713-664-0180.

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