No VA CFS / FMS Support Group 
with CFSupport 

December 2007 Newsletter 

The NoVA CFS/FMS Support Group with Yahoo group CFSupport is an informal encouraging and educational discussion group with meetings, email outreach and a website . We welcome those with Chronic Fatigue Syndrome/ME, Fibromyalgia and related disorders such as IBS, MCS, & the Orthostatic Intolerances: NMH, POTS and MVPS / dysautonomia. We are peer lead by volunteers who respect and talk fluently about the symptoms and issues surrounding these conditions in depth. Please join us and share in our discussions, speaker events, and low volume e-mail list. See our website for: 
- lists of practitioners, health care & legal 
- books, videos, articles, links 
- more organizations for CFS/FM and other 
- clinical trial info, research information 
- coping tips, treatment articles 
- media coverage, conference information 
- detailed newsletters, and more. 

Chronic fatigue syndrome (CFS/CFIDS) has long-lasting, multiple effects including severe exhaustion, widespread muscle weakness and pain, disabling problems with memory and concentration, and persistent flu-like symptoms. 

Fibromyalgia Syndrome (FMS/ FM) is a complex, chronic state known for its widespread pain and fatigue, with a variety of other symptoms. The name derives from "fibro" meaning fibrous tissues (such as tendons and ligaments), "my" meaning muscles, and "algia" meaning pain. FM is pain in the soft tissues around joints, skin, and organs throughout the body. 

Dysautonomia means dysfunction of the ANS (autonomic nervous system) and involuntary functions such as respiration, blood pressure, heart rate, and digestion. Symptoms include neck, back, and other muscular aches, tension or twitching; lightheadedness; irritable bowel; chest pain; panic; anxiety; fatigue; migraines; weakness; alcohol and heat intolerances; pallor or redness of extremities; numbness /tingling; depression/mood swings; loss of concentration; hypersensitive startle reflex; memory problems or foggy thinking; swelling of extremities, feelings of electrical current; skin problems; sleep difficulties; allergies; feeling hot or cold-unrelated to external temperature; visual disturbances and more. 

MEETINGS 

Unless otherwise noted: 

3rd Saturdays from 2 – 4+ PM 
Mason Governmental Center 
6507 Columbia Pike, Annandale VA 22003 

Free. Close parking. No stairs. Same building as the Mason District Police Station, inside beltway, between Sleepy Hollow & Lincolnia Rds. 
Facilitated by Elly Brosius. 

Please refrain from wearing scented products. 

2007 Schedule 

Dec 2 – Ocean Pines Library, MD, noon 
Dec 10 – Severna Park Library, MD, 5 pm 
Dec 15 – Main Community Room 

2008 Schedule 

Jan 19 – Main Community Room 
Jan 31 – What is FM? Talk (Arlington, VA) 
Feb 16 – Main Community Room 
Mar 16 – Main Community Room 
Apr 19 – Large Conference Room 
May 12 – Awareness & Lobby Activities 
May 17 – Large Conference Room 
Jun 21 – Large Conference Room 
July 19 – Large Conference Room 
Aug 16 – Large Conference Room 
Sep 20 – Large Conference Room 
Oct 18 – Large Conference Room 
Nov 15 – Large Conference Room 
Dec 20 – Main Community Room 

Questions? 

Call our Volunteers: 

Elly Brosius (703) 968-9818 
Toni Marshall (410) 647-7578 

Our Website is Still Expanding! 
The “geocities.com/cfsnova” continues its growth spurt! The photo and art galleries are expanding, and practitioner updates, more resources, references, articles and links are periodically added. Check the Events page for Newly Scheduled Speakers and the sitemap for an overview.
<table>
<thead>
<tr>
<th>Northern Virginia CFS/FMS Support Group with CFSupport</th>
<th>More Support From our &quot;Other Groups&quot; Page</th>
</tr>
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<tbody>
<tr>
<td>Elly Brosius (703) 968-9818, Toni Marshall (410) 647-7578</td>
<td>Pain-Connection.org (301) 309-2444</td>
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<td>Email: <a href="mailto:CFSupport-owner@yahoogroups.com">CFSupport-owner@yahoogroups.com</a>, Website: <a href="http://www.geocities.com/cfsnova">www.geocities.com/cfsnova</a></td>
<td>Loudoun CFS/FM Group (703) 327-6478</td>
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<td>To Sign Up: <a href="http://groups.yahoo.com/group/cfsupport">http://groups.yahoo.com/group/cfsupport</a> or <a href="mailto:CFSupport-subscribe@yahoogroups.com">CFSupport-subscribe@yahoogroups.com</a></td>
<td>FM Group meets in Silver Sp (301) 986-8746</td>
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<td>FM Group meets in Burke (703) 913-0890</td>
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<td>NoVA MVPS/Dysautonomia &amp; OI Group</td>
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<td>(OI = Orthostatic Intolerance) 2nd Tuesdays, Noon, Centreville, VA.</td>
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<td>(703) 968-9818. Website: <a href="http://www.geocities.com/cfsnova/mypsoi.html">www.geocities.com/cfsnova/mypsoi.html</a></td>
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More Support From our "Other Groups" Page

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<tr>
<th>National FMS &amp; CFS Organizations</th>
<th>Elly's Gratitude Group (EGG) for people with CFS/FM/OI</th>
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<tr>
<td>National Fibromyalgia Association (714) 921-0150; fmaware.org</td>
<td>A mind-body-spirit discussion group for those looking to practice using attitude and other mind/spirit influences to heal and share in the safety of others who &quot;get&quot; CFS / FM / OI / chronic illness. We use gratitude to uplift ourselves in times of great physical challenges, to add balance to the overwhelmingly difficult.</td>
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<td>National Fibromyalgia Partnership (866) 725-4404; fmpartnership.org</td>
<td>Nov 29, Thurs, 6 pm EST – National Conference Call</td>
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<td>Fibromyalgia Coalition International (913) 384-4673; fibrocoalition.org</td>
<td>Call (218) 936-6666; code: 33669933</td>
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<td>FACES fibrocop.org</td>
<td>See <a href="http://www.geocities.com/cfsnova/egg.html">www.geocities.com/cfsnova/egg.html</a> or call Elly or Toni.</td>
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<td>International Association for CFS/ME iacfs.net</td>
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<td>The CFIDS Association of America (704) 365-2343; cfids.org</td>
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**DVD**

Excellent Documentary Film! “Living with FM”
See livingwithfm.com or attend a free screening in our area.