

TAP FM News

Web Site

The Web Site is up and running again including the Guest Book

The new Web Address is

www.tapfm.co.uk

This is great news for all the enquirers that come through the internet.

The old address will automatically be transferred to the new address so no one will miss out.

This is great news and thanks to Paul the new Webmaster there should be no more nasty

messages.

If you have access to the internet, log on and leave a message on the Guest Book

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The New Committee

Chairman	Richard Stevenson Tel: 01382 509566
Vice Chairperson	Mary Stevenson Tel: 01382 509566
Treasurer	Margaret Scott Tel: 01382 805391
Secretary	Lynne Gavin

**"It is good when
new people come on
board"
"they bring with
them renewed
vigour and fresh
ideas"**

Committee Members

Maureen Crighton
David Payne
Pam Shaw
Margaret Halliday
Heather Gavin
Duncan Haggart
Patricia Payne
Lynne Daggart
Janet McFarlane



Fibromyalgia Logo

Fundraising Committee:

Catherine Bennett
Joyce Peggie
Isobel Wynne
Morag Kelly
Colette Boland

Dates for your Diary

4th August—Monthly Meeting
Karen Shepherd - Kiddie Kare,
Laura McDermott from Home Safety,
and PC Paula-Jane Wales - Home Security.
Don't Miss It!!

15th August—Quiz Night—Lennon's

1st September—Monthly Meeting

8th—15th September—Awareness Week UK

15th September 2007
Scottish Fibromyalgia Society
Ninewells Theatre, Dundee
Dundee University
10 am—4 pm

CANCELLED

6th October 2007—Monthly Meeting

Keep up to date
write the dates
in your diary lest
you forget

Food for Mood

by Blake Graham, BSc AACNEM

Blake Graham is a clinical nutritionist specializing in nutritional and environmental treatments for patients with CFS, FM, and other chronic conditions. He is an associate of the Australasian College of Nutritional and Environmental Medicine (AACNEM) in Perth, Western Australia and a Committee Member of ME/CFS Australia (WA). This article is reproduced with permission from his Nutritional Healing Newsletter at <http://www.Nutritional-Healing.com.au>

If your emotional state is not what you would like it to be, the answer may lie at least partly in your diet.

At first consideration, this may seem a bizarre idea, but after taking a closer look, it makes perfect sense. Our emotional response is strongly related to our brain health and chemistry. Neurotransmitters such as serotonin and dopamine, which regulate mood, are made from amino acids. These chemical pathways also require vitamins and minerals as co-factors for their normal function.

"after taking a closer look, it makes perfect sense."

The brain is made largely of fatty acids and requires a healthy supply of other nutrients to function normally. Almost every vitamin or mineral deficiency can cause psychiatric symptoms such as depression, anxiety, irritability, low stress tolerance, etc. A large array of other dietary factors such as caffeine, allergies, alcohol and blood sugar also influence our mood.

A growing number of health professionals are now utilizing this information to improve the mood of their patients.

Nutrient deficiencies are not an all or nothing issue, as varying degrees of severity exist.

For example, while full blown scurvy is now rare, mild vitamin C deficiency is not uncommon. In the nutritional treatment of altered mood states, correcting these nutrient deficiencies is a primary initial consideration. This may consist of dietary changes and moderate nutrient supplementation.

Nutrient supplements, however, are not purely used to correct nutrient deficiencies. Using nutrients in doses considerably higher than that achievable through diet is referred to as using "pharmacological" doses.

Food for Mood /cont

For example, high doses of vitamin B3 were shown in the 1950's by Dr. Abram Hoffer to reduce schizophrenic symptoms. Doses of 3000 mg were used, while adults typically only need 15 mg/day.

VITAMINS & MINERALS

Before they were stopped in the 1970's for ethical reasons, scientists used to study the effects of nutrient deficiencies by depriving individuals of specific nutrients. Psychiatric symptoms were very commonly found. For example, vitamin B1 - thiamine - deficiency was associated with irritability, depression, fearfulness, agitation and emotional instability.

Vitamins and minerals typically each have a number of different functions. For example magnesium is required by over 300 biochemical reactions in humans. Just to name a few examples, vitamins/minerals are required for the normal production of:

- * Neurotransmitters,
- *Hormones,
- *Cellular energy,
- *Antioxidants,
- *DNA, and
- *Digestive substances.

When these are not synthesized in optimal levels, our health and mood are subsequently affected.

Deficiencies of key vitamins and minerals are found in significant numbers of people with altered mood states. For example folate deficiency is present in 17% to 31% of major depression patients. Correcting these imbalances is in the person's best interests.

As a secondary consideration, supplements of specific vitamins and minerals may have a pharmacological effect in improving mood. For example, in the absence of nutrient deficiencies, boosting antioxidant status via vitamins C and E, and utilizing high dose vitamin B6 supplements to enhance neurotransmitter pathways, are examples of therapeutic applications of vitamin/mineral supplements.

AMINO ACIDS

Amino acids, the building blocks of proteins, form structural components of neurotransmitters, nucleotides, membrane structures, hormones, and many other substances. A deficiency in one or more amino acid can directly or indirectly impact on mental health by leading to a deficiency of its metabolites.

"Vitamins and minerals typically each have a number of different functions."

Food for Mood /cont

For example, tyrosine is a component of dopamine and thyroid hormones.

The basic building blocks of the mood regulating neurotransmitters are referred to as the neurotransmitter precursors. Supplements of these amino acids can be used therapeutically to boost the levels of specific neurotransmitters.

Tryptophan and 5-HTP supplements can be used to boost the serotonin pathway, while tyrosine and L-Dopa are used to increase levels of dopamine and norepinephrine.

* Tryptophan- 5-HTP - Serotonin

*Tyrosine -L-Dopa - Dopamine -Norepinephrine

Supplements can also be used to modulate other mood regulating neurotransmitters, including endorphins, acetylcholine, and GABA [gamma-amino butyric acid].

NOTE: These supplements should not be combined with psychiatric medications and should only be taken under the guidance of a knowledgeable health professional.

ESSENTIAL FATTY ACIDS

Omega-3 (N3) fatty acids are a class of essential polyunsaturated fats. Well known dietary sources of omega-3 fatty acids include fish and flax seeds. The role of omega-3 fatty acids in mental health has received the attention of vast amounts of research in recent years.

Omega-3 fatty acids participate in a large array of physiological actions. They:

- *Are structural components of brain tissue,
- *Improve brain cell membrane fluidity,
- *Have anti-inflammatory properties,
- *Regulate stress response,
- *And participate in a vast array of other functions.

Research consistently reveals that lower levels of omega-3 fatty acids are associated with poorer mood. To date, the vast majority of research has documented that fish oil supplements reduce symptoms in almost every brain related condition it has been tested against, including major depression, bipolar disorder, schizophrenia, ADD/ADHD and dementia.

HYPOGLYCEMIA

Hypoglycaemia - low blood glucose - can cause psychiatric symptoms, including anxiety and depression, due to the reduction of glucose [blood sugar] supply to the brain and the compensatory increase in adrenaline production.

Hypoglycaemia is indicated by the occurrence of psychiatric symptoms between meals and a quick reduction of symptoms after commencing a meal.

CAFFEINE

In laboratory studies, large doses of caffeine consistently increase levels of anxiety, while caffeine withdrawal is also capable of producing symptoms of anxiety.

Food for Mood /cont

Individuals with anxiety disorders typically have increased sensitivity to the effects of caffeine and may benefit from the gradual elimination of caffeine-containing products.

On a short term basis, caffeine appears to improve mood, although it is unclear if this effect is due to the correction of temporary caffeine withdrawal or net gains in mood due to caffeine.

CELIAC DISEASE

Celiac disease is a disorder of gluten intolerance. Gluten is a class of proteins found in wheat, barley, rye, oats and spelt [a species of wheat historically grown in Europe]. Celiac disease causes malabsorption, increased intestinal permeability ('leaky gut'), immunological disturbances, and other complications. Studies have revealed higher rates of depression and anxiety in patients with untreated celiac disease.

Research at the Pfeiffer Treatment Centre in Illinois has documented that roughly 4% of those diagnosed with schizophrenia have celiac disease - and their symptoms rapidly dissipate after adoption of an appropriate gluten free diet. [*The*

Pfeiffer Treatment Centre is a not-for-profit medical research & treatment facility specializing in biochemical imbalances and mental health.]

Many people do not realize they have celiac disease and suffer the health consequences for their entire lives.

CONCLUSION

If you feel your emotional balance is off, improving your diet is one positive step you can take. You may also wish to see a health professional who works in the field of nutritional medicine, who can develop an individualised program of dietary and nutrient supplement recommendations for you. [*Nutritional medicine - a branch of alternative medicine/ complementary medicine - employs the principle that nutrition plays an important role in virtually every medical condition.*]

Nutritional therapies complement other mood enhancing therapies such as exercise and counselling/psychological therapies.

Blake Graham, BSc, AACNEM

Clinical Nutritionist

Perth, Western Australia

E-mail: Go to <http://www.nutritional-healing.com.au/content/contact.php>

Non-Perth residents may enquire about phone consultations.

Note: This material has not been evaluated by TAP FM. It is for general information purposes and is not meant to prevent, diagnose, treat, or cure any condition, illness, or disease. It is very important that you make no change in your healthcare plan or regimen without discussing it in collaboration with your professional healthcare team.

Group Discussion at a Monthly Meeting

At one of the meetings, members discussed some of the things they would like to have at the meetings in way of Speakers and which subjects. Here are a list:

- Chairlift information
- gadgets to help,
- Occupational Therapist as a speaker,
- Some of the members giving a talk on their personal situation with FMS,
- medication and symptoms to help others understand,
- Bring back some old speakers for the newer members,
- Janet and her glass designing,
- Crafts for people to do at home,
- Chinese Acupuncture,
- someone to explain college courses and availability of them, assistance available with fees for people on benefits,
- Dr Kumar back for a talk as felt not enough time was spent at the conference,
- More group discussions on symptoms and different pains for different people,
- More ideas from members on things that have worked for them in the past, low cost therapies etc,
- More laughs,
- Members are requesting more time to talk with each other and get feedback on medication and doctors help,
- Less talking through the Chairpersons, treasurers, secretary's talks, it is difficult for people to hear while everyone is talking among themselves,

"Members are requesting more time to talk with each other ."

Group Discussion —cont/

- Cake Demo,
- Magic show,
- Flower Arranging,
- Sweet making,
- How to reduce stress, Panic attacks,
- Swedish massage,

If you would like to add something to the above list then feel free to speak with a committee member or send it to TAP FM Support Group, PO Box 10183, Dundee, DD4 8WT or Tel: 0871 750 1710 or you could email: tapfm@btopenworld.com

It is important that the committee know what the members would like so they can try to get a speaker to match.

It is not always easy to find an appropriate speaker or one willing to come along on a Saturday Morning. Therefore if you know someone who would be able to talk on one of the above subjects, let a committee member know.

This is **your** group so it is up to **you** to help!

"Bring back some old speakers for the newer members."



Reader's Letters

I had to write and tell you how much I appreciate all the help and support I have been given. I am amazed at the generosity of the group and its committee and all for FREE. I have not been given half of this help from my GP and he gets paid to help.

I think there is something wrong in this sinario

Thank you all for your support

Name supplied



Can anyone 'Top' clearing off a refrigerator shelf to put a cake in to bake?

This particular lady had the dog's antibiotic in her hand when the phon rang. That's right, her fibro fog made HER take the pill instead of giving it to the dog. - Happy to report that lady and dog have fully recovered!

How about taking the money out the pay packet and throwing it in the fire and puting the packet in the purse. Fortunately the fire was out!!



Everybody has a Photographic Memory
its just
Some don't have Film!

Quiz Night

Wednesday 15th August 07

7 pm—7.30 start

Lennon's

This will be a fun night

Come as a Team

Come on your Own

but

JUST COME!

Fibro Card

Tayside Angus & Perthshire Fibromyalgia Support Group

The person named overleaf has been diagnosed with fibromyalgia – a lifelong condition of widespread muscle pain, general fatigue and many other varied accompanying symptoms.

It would be greatly appreciated if he/she could be given kind consideration, upon request, to ensure his/her comfort so as to avoid unnecessary suffering. Thank you.

TAP FM PO Box 10183 Dundee DD4 8WT

Tayside Angus & Perthshire
Fibromyalgia Support Group

Name:

Date of Birth:

Blood Type:

The above card is now available. Should you wish one, please give the necessary details to **Mary Stevenson** or **Lynne Gavin** and they will have one made up for you.

The "**Fibro Card**" will be a "**Credit Card**" size and will be laminated

Cost £1



Library Rules

The library is for the enjoyment of everyone and to ensure we know who has borrowed a book there are a few simple rules.

- Your membership card must be used to take out a book
- A reminder postcard will be sent with your newsletter
- There will be a 50p charge per month
- If you miss a month—you need to pay an extra 50p

**"No Card
-No Book
One Card
-One Book"**

Book Review

If you have found a book or information sheet helpful or useful then we would like to know. Tell us what you think good or bad.

Sometimes it is a bit overwhelming with so many books to choose from to know where to start.

Your recommendation could help someone find the right book and help them cope a bit better. Don't be shy!!



Returning your Library Book!

If you are unable to attend a meeting but you would like to return your library book. Please do not send to Ninewells Hosp or leave it with receptions because they do not pass them on.

If you need to post anything please send to

TAP FM Support Group
PO Box 10183
Dundee DD4 8WT

ARTICLE OF THE MONTH

WHAT DENTISTS SHOULD KNOW

I had toothache and made an appointment with the dentist who promptly drilled and filled the problem tooth. Later as the “freeze” was wearing off, the tooth hurt so bad, I had to phone for an emergency appointment. It must be the nerve, it may have been damaged. So the offending nerve was removed, the tooth re filled and I was on my way. A few hours later I was back in the dentists chair having an xray and the tooth drilled and filled along with the neighbouring tooth just for good measure. My mouth was so sore, not only from the drilling and filling but the numerous “freeze” injections. I had three further visits to the dentist who told me there was nothing left for him to drill and fill, the nerves had been removed therefor it shouldn't even be sore. We agreed to let it settle for a week or so.

It was then I joined the support group and after a rummage round the information table, I discovered the article “What your dentist should know about FMS”

Oh how I wished I had read it a few weeks earlier! Trigger Pionts and Dentistry? Trigger points and Toothache? Unexplained toothache?

all were explained in this three page leaflet which I promptly gave to my Dentist. Since then I have not had another ‘Drilled and Filled’ session, only ‘regular ‘ check ups. If you,ve had unexplained trouble with your teeth, you have to read this leaflet.

Why not get a copy from the information desk at the meeting

Advice Surgery

WELFARE RIGHTS
PERTH - TEL: 01738 476700
ANGUS - TEL: 01307 461460

**Money Advice
Support Team**
Dundee - Tel: 01382 432452
Fife - Tel: 01592 416379
Angus - Tel: 01575 575800

Citizen's Advice Bureau

Dundee Tel: 01382 227171
Forfar Tel: 01307 467097
Perth Tel: 01738 624301
Montrose Tel: 01674 673263
Arbroath Tel: 01241 870661
Cupar Tel: 01334 412485
Call for an appointment

Princess Trust
Tel: 01382 200422
For help and advice with benefit forms etc.

Call for an appointment

Benefits Agency

Dundee Area
Tel: 01382 313419
Angus Area
Tel: 01241 446099
Montrose Area
Tel 01674 6776605
Perth Area
Tel: 01738 412000

Dundee North Law Centre
Tel: 01382 432458

If you have any legal problems or worries and would like to obtain a dvicce or assistance - we can help!
Call for an appointment!

D.I.S.I.P.

Disability Information Service in Perthshire

Tel: 01738 440099 / Fax 01738 687546

Email: disip@disip.org.uk

Website: www.disip.org.uk

Contact Us

TAP FM Support Group

PO Box 10183

Dundee

DD4 8WT

Tel: 0871 750 1710

email: tapfm@btopenworld.com

We're on the Web

www.tapfm.co.uk

The items below are available for the benefit of our members, at the same time generate a small income to T.A.P. FM Support Group.

You can purchase them from the information desk at the meeting or they can be sent for an additional cost to cover postage.

Items For Sale

Help TAP FM

TAP FM Pens - 50p

Logo Badges - £1.50

Ribbons - 50p

Car Stickers - 75p

*** Buy all 4 - £3 ***

Buy your Pens, Badges and Ribbons
and help support TAP FM

and promote

Fibromyalgia Awareness

Help for Yourself!

Plug Mates - 65p each

to help pull out your electrical plugs

Walking Stick "Frog" - £1.99

To hang it on the Table

Trolley Coin Key Ring - £1

7 Day Pill Dispenser - £1

a helpful reminder if you've taken
your pills or not!