



October 2011

# THE DERBY FIBRO



## New Fibromyalgia Diagnostic Criteria

### Fibromyalgia Diagnosis

By Karen Lee Richards, Chronic Pain  
Connection Expert

New Group Telephone Number

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New Group Email Address

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# Message from Jackie

*Hi Fibro friends,*

*Well, I think we can look back this year and say we have had a lovely summer, for a change. But now the dark nights are drawing in and the days are getting shorter, we need to think about how we are going to get through the winter, with out suffering too much.*

*Well, myself, I'm going to try a multi vitamin and mineral supplement, to build up my immune system, because even though we suffer with a chronic condition it doesn't automatically entitle us to the flu jab for the winter. Though I'm sure we'd all beg to differ!*

*Even though its going to get colder and windy, it's going to be too tempting to stay in and keep warm, but just for tem minutes (even five) walk, that bit of fresh air and exercise could make all the difference.*

*We've had a visit from a Consultant Pharmacist from Boots, who came to talk informally, giving us the opportunity to ask questions regarding medications mostly, they also left us with a goody box of Perfumes, After Shaves and samples for the group to raffle or add to the tombola to raise funds for the group, which are much needed. They also have a colleague coming to talk to the group on the Thursday meeting so she can talk to the other half of the group, they have been lovely to talk to and would recommend another group to have them to for a chat.*

*Thank you; Alex, Jo and Jas.*

*Our lovely Doug is putting together a recipe cook book that will be fibro friendly. So if you have and recipes that you have tried that have helped in your diet and helped with the fibro symptoms, or even one that you've tried, let us know if possible by email, and we can add it to the book.*

*As in the past; we have gratefully received any thing that you send us or let us know so that Doug can put in the newsletter.*

*We are looking for a nice venue to have our Christmas lunch. Lunch time is usually better as it's not usually so busy, as most folk have Christmas dinners to go to in the evenings. So if there is a restaurant that you would like to recommend, let us know and we can decide which is the best or most popular.*

*We'll soon be booking our Christmas dinner. So come and Join Us!*

*Best wishes*

*Jackie x*

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*Disclaimer: The information given in this document does not necessarily imply endorsement by The Committee Members of Derby Fibromyalgia Support Group. The Committee Members or the Group cannot be held responsible for omissions and / or errors of detail in any information that is exchanged in a discussion session - whether it is in a formal or informal situation, delivered to the body of the meeting by a visiting speaker or produced in a printed document.*

*Any information or recommendation of a medical or legal nature must always be discussed with a qualified professional*

# Meeting Dates 2011

**THERE ARE NO MEETINGS IN AUGUST**

## Thursday

*November 10<sup>th</sup>*

*December 8<sup>th</sup>*

*10.30am – 12.30pm*

## Saturday

*October 29<sup>th</sup>*

*November 26<sup>th</sup>*

*December 17<sup>th</sup>*

*2.00pm – 4.00pm*

Admission  
£2.50

Free Car Park at Back of Church  
Off Melbourne Street, DE1 2GF  
Enter gate on the right after the last  
terraced house

### Contact Jackie on:

0844 887 2434 or Text: 07973285571

Email: [derbyfibro@btinternet.com](mailto:derbyfibro@btinternet.com)

Website: [www.derbyfibro.co.uk](http://www.derbyfibro.co.uk)

45 Magellan Way, Derby, DE24 1AD

## Forthcoming Church Events

Speakers			Regular Events	
<b>October</b>			<b>Open Circle</b> Every 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday Of Each Month  <b>7.30pm</b>  No Admission After 7.35pm	<b>Healing Services</b>  Thursdays  <b>2.00pm – 3.30pm</b>
Sun 16 <sup>th</sup>	6.15pm	Iris & Malcolm Bradshaw		
Mon 17 <sup>th</sup>	2.30pm	Greta Bayley		
Sun 23 <sup>rd</sup>	6.15pm	Julie Brough		
Mon 24 <sup>th</sup>	2.30pm	Florence Ward		
Sun 30 <sup>th</sup>	6.15pm	Lisa Bonito-Day		
Mon 31 <sup>st</sup>	2.30pm	Margaret Brown		
<b>November</b>				
Sun 6 <sup>th</sup>	6.15pm	Kathy Grindy		
Mon 7 <sup>th</sup>	2.30pm	Nikki Gunn		
Sun 13 <sup>th</sup>	6.15pm	Ted Lawrence		
Mon 14 <sup>th</sup>	2.30pm	Angela Farrel		

### SPECIAL EVENTS

## October

**Saturday 22<sup>nd</sup>**

10.00am – 1.00pm

**Private Reading**

## November

**Saturday 12<sup>th</sup>**

10.00am – 3.00pm

**Healing &  
Reading Day**

**Saturday 26<sup>th</sup>**

**Darren  
Brittain**

7.00pm

For More Information

18 Charnwood Street, Derby. DE1 2GU.

Tel: **01332 386 204.**

[www.snu-emdc.org.uk/charnwood](http://www.snu-emdc.org.uk/charnwood)

# Try These

## Chicken Fricassée

### Ingredients

- 1 x 2.5kg (5lb) chicken cut into pieces
- 60ml/1oz olive oil
- 2 cloves of garlic - skin on
- 150g/5oz shallots - cut in half
- 125g/4oz mixed peppers - cut into large pieces
- 2 carrots - peeled and sliced
- 200g/7oz button mushrooms
- 600ml/1 pint brown chicken stock
- 1 bay leaf
- Sprig of fresh thyme
- 6 peppercorns



### Preparation method

1. Heat the oven to 190C/375F/Gas5.
2. Season the chicken, and seal and colour quickly in oil.
3. Remove the chicken and place in a roasting pan with the bay leaf, peppercorns, fresh thyme and garlic cloves.
4. Sauté the vegetables together until lightly brown. Place them in with the chicken.
5. Swill out the sauté pan with the chicken stock. Bring to the boil, season and add to the chicken.
6. Place into the oven until the chicken is cooked through

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## Chocolate marshmallow brown sugar fudge

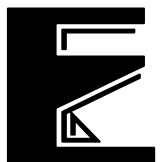
Make this recipe for delicious, creamy fudge with very little fuss (and no sugar thermometers).

### Ingredients

- vegetable oil, for greasing
- 70g/2½oz butter
- 300g/10½oz soft light brown sugar
- 125g/4½oz evaporated milk
- 225g/8oz marshmallows
- 300g/10½oz milk chocolate, chopped
- 75g/3oz dark chocolate (at least 60% cocoa solids), chopped

### Preparation method

1. Grease a 20cm/8in square cake tin with vegetable oil, then line with greaseproof paper.
2. Put the butter, sugar and milk in a pan over a low heat and melt gently. Once the sugar has dissolved, add the marshmallows and turn up the heat. Boil the fudge for 5-6 minutes.
3. Take the pan off the heat and add the grated chocolate. Leave for one minute, then stir the mixture together until everything is melted.
4. Pour the mixture into the prepared tin and leave to set for a couple of hours. Once set, remove from the tin and cut into 25 squares.



# New Fibromyalgia Diagnostic Criteria

In 1990 the American College of Rheumatology (ACR) published a set of criteria for the diagnosis of Fibromyalgia. This required a patient to have:

1. A history of widespread pain in all four quadrants of the body for a minimum duration of three months.
2. Pain in at least eleven of the eighteen designated tender points when four kilograms (about ten pounds) of pressure are applied.

There are several problems with these criteria which don't take into account:

1. Sleep deprivation.
2. Mental clarity (Fibro fog)
3. Forgetfulness
4. The ability to function normally

The problem is that Fibromyalgia pain can fluctuate and this affects the number of tender points, which leads to the tender points not giving an accurate reading when pressed.

Men can also be diagnosed wrongly because they don't tend to have the same tenderness as women, they may have all the other symptoms but fail the tender points test.

This leads to failings because of the eleven tender points test in both men and women.

Also the tender points are not always correctly targeted so give a false reading or diagnosis.

The new diagnosis

The new diagnostic criteria will still require the first part of the old criteria – a history of widespread pain in all four quadrants of the body for a minimum duration of three months – but will replace the second part, the tender point exam, with:

1. A widespread pain index score which will be determined by counting the number of areas on the body where the patient has felt pain in the last week. The checklist includes 19 specified areas.
2. A symptom severity score which will be determined by rating on a scale of zero to three (three being the most pervasive) the severity of three common symptoms: fatigue, waking unrefreshed and cognitive symptoms. An additional three points can be added to account for the extent of additional symptoms such as numbness, dizziness, nausea, irritable bowel syndrome or depression. The final score is between 0 and 12.

To meet the criteria for a diagnosis of fibromyalgia a patient would have:

Seven or more pain areas and a symptom severity score of five or more, or

Three to six pain areas and a symptom severity score of nine or more.

Dr Robert S. Katz, one of the authors of the new criteria and a rheumatologist at Rush University Medical Centre said. "These new criteria recognize that fibromyalgia is more than just body pain, this is a big deal for patients who suffer symptoms but have had no diagnosis. A definite diagnosis can lead to more focused and successful treatment and reducing the stress of the unknown."



# Fibromyalgia Diagnosis

## By Karen Lee Richards, Chronic Pain Connection Expert

Fibromyalgia (FM) must be diagnosed by a qualified physician who is familiar with the illness and has experience diagnosing it. The specialists who most often diagnose and treat fibromyalgia are rheumatologists.

Although the American College of Rheumatology does not classify fibromyalgia as a diagnosis of exclusion, there are several other illnesses that have similar symptoms and sometimes occur along with FM. Therefore, it is important that the doctor test for certain comorbid conditions as well. Which tests may be necessary will depend upon the individual patient's symptoms and medical history. Possible overlapping conditions may include:

- Migraine disease
- Restless legs syndrome
- Chronic fatigue syndrome (myalgic encephalopathy)
- Irritable bowel syndrome
- Lupus
- Multiple sclerosis
- Hypothyroidism
- Temporomandibular joint disorder (TMJ)
- Chiari malformation
- Intermittent cervical cord compression
- Cervical stenosis
- Polymyalgia rheumatica
- Sleep apnea
- Raynaud's syndrome
- Sjogren's disease
- Myofascial pain syndrome
- Depression
- Osteoporosis
- Multiple chemical sensitivity
- Rheumatoid arthritis

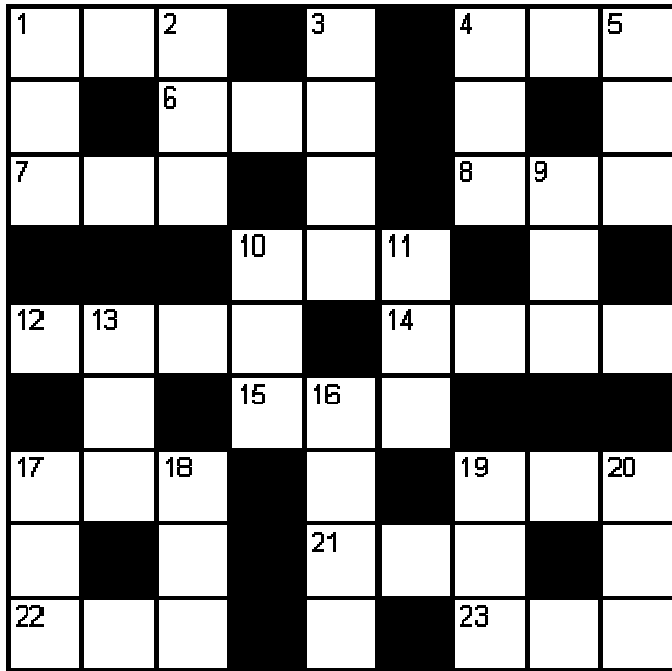
Sources:

Wolfe F, et al. The American College of Rheumatology preliminary diagnostic criteria for fibromyalgia and measurement of symptom severity. *Arthritis Care Res (Hoboken)*. 2010 May;62(5):600-10.

New Criteria Proposed for Diagnosing Fibromyalgia Suggests No Longer Focusing on Tender Points. Rush University Medical Centre Press Release. May 24, 2010.

<http://www.healthcentral.com/chronic-pain>

# Puzzle page



## Across

1. Three times 19 down
4. 19 down minus five
6. 15 across plus eighty-three
7. 17 across minus 2
8. 18 down plus thirty-eight
10. 19 across minus sixty-six
12. 3 down plus forty-seven
14. 12 across doubled
15. 13 down minus 150
17. 20 down minus sixteen
19. 5 down minus 133
21. Minutes in four hours
22. Four times 4 across
23. Five times 10 down

## Down

1. 12 across divided by eleven
2. 1 down plus twenty-five
3. Minutes in three days
4. Dozen in twelve gross
5. Seconds in five minutes
9. 17 down minus eleven
10. 11 down minus eight
11. Minutes in three hours
13. 3 down divided by twelve
16. 23 across doubled
17. 14 across divided by eleven
18. 4 down times three
19. Months in nine years
20. 3 down divided by six

## September's Answers

C	A	B	A	R	E	T		E	E	R	I	E	
A		A				O		R		E		N	
R	A	D	A	R		U	P	R	I	G	H	T	
R		G		A		C		O		U		E	
I	N	E	R	T	I	A		R	U	L	E	R	
E				I		N				A			
D	E	S	P	O	T			C	L	E	R	I	C
		U				C		O				A	
A	M	P	L	E		H	A	G	G	A	R	D	
I		P		A		A		I		V		E	
S	P	O	R	R	A	N		C	R	O	W	N	
L		R		L		C				I		Z	
E	N	T	R	Y		E	C	H	I	D	N	A	

6	8	5	7	4	2	9	3	1
4	1	2	9	8	3	6	7	5
3	7	9	6	5	1	2	4	8
7	6	4	1	2	5	8	9	3
1	2	3	8	7	9	4	5	6
9	5	8	4	3	6	7	1	2
2	9	1	3	6	4	5	8	7
5	4	7	2	1	8	3	6	9
8	3	6	5	9	7	1	2	4