

Rocky Mountain CFIDS & FMS Association

"Moving mountains for the CFIDS and Fibromyalgia communities"

Fall 2007

Fall 2007

In this issue:

- RMCFA Event Schedule
- Know More Seminar
- National News and Events
- 2007 Donor Recognition
- Association Update
- Volunteers Needed



Sign up for the Infocus e-news delivered by e-mail monthly at our website www.rmcf.org

RMCFA Continues Education and Awareness

Our mission combines support, education and awareness expanding on national efforts to end the devastating effects of these illnesses.

Our efforts continue with the announcement of two major fall seminars in October and November featuring CFS and FM experts. Please take advantage of this opportunity and help RMCFA "get the word out".

What's New at RMCFA

CFIDS Association of America Brings Seminar to Denver

A half-day seminar sponsored by the CFIDS Association of America in conjunction with RMCFA will come to Denver on Saturday, September 15th at the Sheraton Denver West Hotel. The seminar will feature the following speakers:

Dr. Suzanne Vernon
Center for Disease Control (CDC)

Dr. Steven Croft
Internal Medicine/Rheumatology
Arthritis Associates of S. Florida

Kimberly McCleary
President of the CFIDS Association
of America

This seminar is appropriate for patients, health care professionals, patient families and anyone interested in learning more about CFS and FM. Speaker and registration information will be included in the September Infocus e-news and on our website.

To receive a brochure with complete details, please send an e-mail to CFIDS Association of America @ cfids@cfids.org or call 704-364-0466.

Dr. James Jones Returns to Denver for November Seminar

Dr. James Jones (formally of the National Jewish Medical Center) of the Center for Disease Control (CDC) returns to Denver for an afternoon seminar updating attendees on the latest CFS information and the recent Georgia population study at the CDC.

Upcoming Event Schedule

Saturday, September 15 - 1 PM

Dr. Chad Cotter

"Chiropractic approach to FMS/CFS"

National Jewish Medical and Research Center
1400 Jackson St. - Denver

Saturday, October 13 - 1 PM

CFIDS Association of America

"Know More Seminar"

Sheraton Denver West Hotel
360 Union Boulevard - Lakewood

Saturday, November 10 - 1 PM

Dr. James Jones

"CFS Update"

National Jewish Medical and Research Center
1400 Jackson St. - Denver

Event schedule subject to change
Go to www.rmcf.org for up to date information

Officers and Directors
Mike Munoz - President
Tim Smith - Secretary/Treasurer

Rocky Mountain CFIDS/FMS Association
7020 E Girard Ave, #207
Denver, CO 80224

web: www.rmcf.org
e-mail: link@rmcf.org
(303) 4-CFS-FMS
(303) 423-7367

Please send CFS/FMS Physician/medical provider referrals to link@rmcf.org

News & Awareness

FDA Approves First Drug for Treating Fibromyalgia

The U.S. Food and Drug Administration recently approved Lyrica (pregabalin), the first drug to treat fibromyalgia. Lyrica reduces pain and improves daily functions for some patients with fibromyalgia.

"Today's new approval marks an important advance, and provides a reason for optimism for the many patients who will receive pain relief with Lyrica," said Steven Galson, M.D., M.P.H., director of FDA's Center for Drug Evaluation and Research. "However, consumers should understand that some patients did not experience benefit in clinical trials. We still have more progress to make for treatment of this disorder."

Persons with fibromyalgia typically experience long-lasting or chronic pain, as well as muscle stiffness and tenderness. Fibromyalgia affects about 3 million to 6 million people in the United States each year. The disorder mostly affects women and typically develops in early-to-middle adulthood.

There is no test for the diagnosis of fibromyalgia. Doctors make a diagnosis by conducting physical examinations, evaluating symptoms, and ruling out other conditions.

Individuals with fibromyalgia have been shown to experience pain differently from other people. Studies have shown that such patients have decreased pain after taking Lyrica, but, the mechanism by which Lyrica produces such an effect is unknown. - FDA

CDC scientists find 2.54% CFS rate in Georgia population study

The most detailed scientific study to date of the prevalence of chronic fatigue syndrome (CFS) found that six to ten times more people have this illness than previously believed. The study was conducted by scientists at the Centers for Disease Control and Prevention (CDC).

It provides evidence that CFS is a significant public health problem that affects millions of people in the United States. Researchers surveyed more than 19,000 residents in Georgia and discovered that 2.54% of the people aged 18-59 met the clinical diagnosis for chronic fatigue syndrome. This is ten times higher than the rate researchers found in the 1990s when they surveyed residents of Wichita, Kansas, and six times higher than the rate found in Chicago, Illinois.

According to Dr. William Reeves, the lead investigator on the CDC study, the higher prevalence number doesn't mean that more Americans are getting chronic fatigue syndrome, it means that researchers are getting better at counting them. He believes that increased knowledge has led to better diagnostic and measurement tools for estimating the number of people who have CFS. - CAA

We would like to thank and recognize our 2007 Donors and Volunteers

Sharon Bernia
Tanja Bugas
Jan Christensen
Heidi Cywinski
Donna Dugger
Kay Findlay
Stan R. Frahm
Yell Gruenler
Karen Hagans
Lynne Haist
Janet Hess
Lois Hjelmsled
Jo Ann Hudson
Carl Hutchings
Kay Johnson
Bob Johnston
Triana Melrose
Mike Munoz
Jordan Orleans
Jamie H. Poiran
Janice Pelster

Jade Scott
Linda Smith
Pat Smith
Tim J. Smith
Stephanie Truez
Bonnie Vanderveen
Tom Vincent
Jane F. Wallace
James H. Yaley
Patsy Young

ImmuneSupport.com
National Jewish Med Ctr
OFFER
CFIDS Association of America

We do our best to recognize everyone who contributed. If we have not recognized your contribution please contact us so we can thank you. If you would like to make a 2007 contribution, please see the enclosed donor card

RMCFCA Update

We are now launched into the internet age and better connected around the country. Over the last year, our e-mail contact list has doubled; our postal address list is up 30%; and new attendees to one or more events represent a 10% increase of our membership. Besides enabling RMCFCA to keep up with growing needs, your donations make possible services such as providing our website, educational programs and seminars, and newsletters. If you haven't donated yet this year, please do so. Thank You!

Tim Smith, Secretary/Treasurer

Volunteer Bulletin Board

RMCFCA relies on volunteers for Association activities. Please help our efforts by volunteering today.

- * Fall Seminar Volunteers
- * Fund Raising
- * Newsletter writing
- * Board members
- * Administrative and clerical duties
- * Speakers

Contact us at (303) 423-7367 or e-mail - link@rmcfa.org