



Bergen ME/CFS-FM Support Group Newsletter

Meeting Report

The meeting was open discussion and those in attendance shared their experiences with CFS. Each person's experience is unique and yet, in many ways, the same. By sharing coping techniques, those in attendance have hopefully helped others through their rough spots. The one trend that seemed prevalent is that keeping a positive attitude helps living with ME/CFS/FM be less stressful.

At the meeting, we said we would put several documents in this email. Since this newsletter is already late, I will send those papers during the summer. Have a happy and safe 4th of July and summer.

As usual, there will not be Sunday meetings in July and August. Regular meetings will resume in September. The "First Wednesday of the month Luncheons" will take place in July and August.

Survey

Each of you should have received a survey about our support group. We encourage you to complete and return it so we can consider your suggestions when we plan the meetings for the 09-10 season. The link to the survey is below. If you live out of the area, we appreciate your responses. You can comment on being out of the area at the end in the space provided for other comments.

http://www.surveymonkey.com/s.aspx?sm=zNKvCE23EQvvscekrB1s9w_3d_3d

In the News - ME/CFS

http://www.ncbi.nlm.nih.gov/pubmed/19457057?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum

J Intern Med. 2009 May 19

Chronic fatigue syndrome combines increased exercise-induced oxidative stress and reduced cytokine and Hsp responses.

[Jammes Y](#), [Steinberg JG](#), [Delliaux S](#), [Brégeon F](#).

From the UMR MD2 (P2COE); and IFR Jean Roche, Faculté de Médecine, Université de la Méditerranée and Pulmonary Function Laboratory, North Hospital, Assistance Publique - Hôpitaux de Marseille, France.

Abstract. Jammes Y, Steinberg JG, Delliaux S, Brégeon F (Université de la Méditerranée and Pulmonary Function Laboratory, North Hospital, Assistance Publique - Hôpitaux de Marseille, France). Chronic fatigue syndrome combines increased exercise-induced oxidative stress and reduced cytokine and Hsp responses. *J Intern Med* 2009; doi: 10.1111/j.1365-2796.2009.02079.x Objectives. As heat shock proteins (Hsp) protect the cells against the deleterious effects of oxidative stress, we hypothesized that Hsp expression might be reduced in patients suffering from chronic fatigue syndrome (CFS) who present an accentuated exercise-induced oxidative stress. Design. This case-control study compared nine CFS patients to a gender-, age- and weight-matched control group of nine healthy sedentary subjects. Interventions. All subjects performed an incremental cycling exercise continued until exhaustion. We measured ventilation and respiratory gas exchange and evoked compound muscle potential (M-wave) recorded from vastus lateralis. Repetitive venous blood sampling allowed measurements of two markers of oxidative stress [thiobarbituric acid reactive substances (TBARS) and reduced ascorbic acid (RAA)], two cytokines (IL-6 and TNF-alpha) and two Hsp (Hsp27 and Hsp70) at rest, during maximal exercise and the 60-min recovery period. Results. Compared with controls, resting CFS patients had low baseline levels of RAA and Hsp70. Their response to maximal exercise associated (i) M-wave alterations indicating reduced muscle membrane excitability, (ii) early and accentuated TBARS increase accompanying reduced changes in RAA level, (iii) absence of significant increase in IL-6 and TNF-alpha, and (iv) delayed and marked reduction of Hsp27 and Hsp70 variations. The post-exercise increase in TBARS was accentuated in individuals having the lowest variations of Hsp27 and Hsp70. Conclusions. The response

of CFS patients to incremental exercise associates a lengthened and accentuated oxidative stress, which might result from delayed and insufficient Hsp production.

Living with Challenges

This is 'Faith'

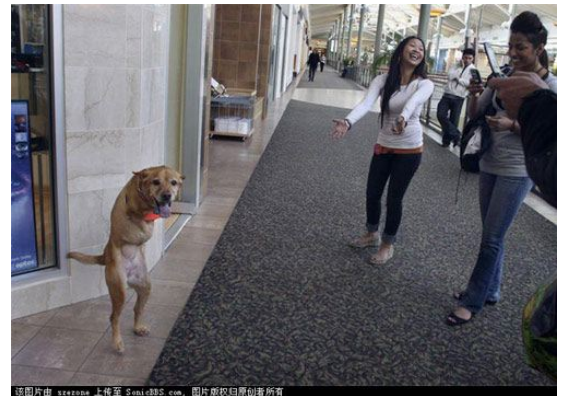
This dog was born on Christmas Eve in the year 2002. He was born with 3 legs - 2 healthy hind legs and 1 abnormal front leg which had to be amputated. He of course could not walk when he was born. Even his mother did not want him.



His first owner also did not think that he could survive and he was thinking of 'putting him to sleep'. But then, his present owner, Jude Stringfellow, met him and wanted to take care of him. She became determined to teach and train this little dog to walk by himself. She named him 'Faith'.

In the beginning, she put Faith on a surfboard to let him feel the movement. Later she used peanut butter on a spoon as a lure and reward for him for standing up and jumping around. Even the other dog at home encouraged him to walk.

Amazingly, only after 6 months, like a miracle, Faith learned to balance on his hind legs and to jump to move forward. After further training in the snow, he could now walk like a human being.



Faith loves to walk around now. No matter where he goes, he attracts people to him. He is fast becoming famous on the international scene and has appeared on various newspapers and TV shows. There is now a book entitled *'With a Little Faith'* being published about him.

He was even considered to appear in one of *Harry Potter* movies.

His present owner Jude Stringfellow has given up her teaching post and plans to take him around the world to preach that even without a perfect body, one can have a perfect soul'.



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In life there are always undesirable things, so in order to feel better you just need to look at life from another direction.

I hope this message will bring fresh new ways of thinking to everyone and that everyone will appreciate and be thankful for each beautiful day. Faith is the continual demonstration of the strength and wonder of life

<http://www.faiyththedog.net>

In the News – FM
ScienceDaily

Your source for the latest research news

Web address: <http://www.sciencedaily.com/releases/2009/06/090616190258.htm>

Fibromyalgia Patients Show Decreases In Gray Matter Intensity

ScienceDaily (June 18, 2009) — Previous studies have shown that fibromyalgia is associated with reductions in gray matter in parts of the brain, but the exact cause is not known. Using sophisticated brain imaging techniques, researchers from Louisiana State University, writing in *The Journal of Pain*, found that alterations in levels of the neurotransmitter dopamine might be responsible for gray matter reductions.

For the study, magnetic imaging resonance data from 30 female fibromyalgia patients were compared with 20 healthy women of the same age. The primary objective of the study was to confirm original findings about reduced gray matter density in a larger sample of fibromyalgia patients. They explored whether there is a correlation between dopamine metabolic activity and variations in the density of gray matter in specific brain regions.

Results showed there were significant gray matter reductions in the fibromyalgia patients, which supports previous research. In addition, the fibromyalgia patients showed a strong correlation of dopamine metabolism levels and gray matter density in parts of the brain in which dopamine controls neurological activity.

The authors concluded that the connection between dopamine levels and gray matter density provide novel insights to a possible mechanism that explains some of the abnormal brain morphology associated with fibromyalgia.

Adapted from materials provided by [American Pain Society](#).

American Pain Society (2009, June 18). Fibromyalgia Patients Show Decreases In Gray Matter Intensity. *ScienceDaily*. Retrieved June 24, 2009, from <http://www.sciencedaily.com/releases/2009/06/090616190258.htm>

NJCFSA Notes

The NJCFSA Conference will be held on Sunday October 18th. Details will be sent in the near future. Save the date!

Next Meeting

The next meeting will be Sunday September 20th from 2-4 PM at the Ridgewood YMCA. Topic – to be announced.

WEATHER – In the event of bad weather, or other emergency, we encourage you to check your email before leaving for Ridgewood. If it has been decided that a meeting will be canceled, an email will be sent via the yahoogroups list. The "Y" will also be notified of the cancellation. The email posting also applies to a cancellation of the First Wednesday of the Month lunch gathering. This is an informal gathering, an opportunity for people to gather and chat with other members.

This newsletter is intended for CFS & FM patients in the area of this support group. The purpose is to share information and support. If you have questions about meetings please contact: Pat LaRosa at pat.njcfsa@larosas.net, Nancy Visocki at ngv.njcfsa@verizon.net, Judy Machacek at judymachacek@msn.com or leave a voice message at the NJCFSA HelpLine 888-835-3677 during business hours.