



Get the **FA-CTS**
Fibromyalgia Awareness - Confidence Through Support

ON WHAT'S HAPPENING...

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RELATES FIBRO
PAINS, OBESITY TO
BAD SLEEP**

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**President
Jennifer Phillips**

**Vice-President,
Board Director
Amy Jo Martin**

FA-CTS goes non-profit

Get the FA-CTS (Fibromyalgia Awareness - Confidence Through Support) has officially become a non-profit organization; with Amy Jo Martin named Board Director. Organizations and individuals can make donations to FA-CTS, which plans to raise money for fibromyalgia research and awareness. Any donation

to FA-CTS is considered tax-deductible by the government (with the FA-CTS tax code).

For more information on donations or to receive a tax code, please contact FA-CTS President Jennifer Phillips at (804) 241-4327 or email FA-CTS@cox.net.

**“Our brain will always pursue what we need, and that includes sleep.”
- Dr. Edmund Cornman, Sleep Disorders Center of Virginia**

Members learn that sleep may harbor fibro pains, obesity

PROVIDENCE FORGE - According to sleep specialist Dr. Edmund Cornman, staying up late, watching TV to fall asleep, and playing computer games late into the night have become all too normal to the average American, and have disrupted sleep patterns.

“Sleep helps us recover and heal overnight. If you're not sleeping, you're not healing,” said Cornman, a sleep specialist at Sleep Disorder Centers of Virginia. “People especially with fibromyalgia need to heal.”

Sleep goes in five stages. During the first part of the night, a sleeper moves into a “slow aid sleep,” or delta sleep, where the brain has a lower activity level.

People with fibromyalgia have a tendency to wake up throughout the night during these stages, most of the time without being aware of his or her wak-

ings.

These awakenings keep the sleeper from going to stages three and four of sleep, including Rapid Eye Movement (REM), when the body is active and dreaming.

“People with fibromyalgia have a tendency to experience Alpha EEG intrusion (sudden bursts of brain activity) and spend the night waking up,” said Cornman. “We know that it is a valid problem; just because we don't know why it happens and what's going on doesn't mean it's not normal for people with fibromyalgia.”

“We still don't know why [nearly 80 percent of all] fibromyalgia sufferers lose on deep sleep.”

Both periodic limb movement and Restless Legs Syndrome (20 percent of all fibromyalgia sufferers have RLS) also cause the body to involuntary

move or bother the sleeper so much that he or she has to stand up and walk around the room. They also wake up unrested.

"If we don't get any sleep throughout the night, we're going to be sleep deprived," said Cornman, who earned his MD at the University of Pennsylvania.

"The only way that you can make up that sleep debt is through extra sleep, which then throws off your sleep schedule."

In scientific studies, sleep deprivation has been linked to mental troubles, including irritability, anxiety, depression, a short attention span, and impaired memory and learning function.

Scientists also have found that sleep deprivation also affects the body. Not sleeping, or poor quality sleep causes a metabolic and chemical change.

Within one week of poor sleep, the body starts gaining weight, reducing insulin resistance, and fails to raise leptin, a hormone that tells the body it's full. It also fails to lower ghrelin, a hormone that helps the body stop eating.

Sleep apnea, a disease that affects many fibromyalgia patients if left untreated, can also do permanent damage, said Dr. Cornman.

Apnea can be identified when a sleeper is snoring loudly, only to wake up gasping (although some may not remember it), getting up to use the bathroom more than one time a night, swelling of the feet and ankles, and waking up with a dull morning headache.

"People with sleep apnea are 70 percent more likely to have high blood pressure, and two to three times more likely to have a heart attack [from the lack of oxygen to the body]," said Dr. Cornman.



Dr. Edmund Cornman presents a powerpoint presentation on the consequences of bad sleep. Amy Jo Martin photo

For more information on the Sleep Disorders Center of Virginia services, doctors, and locations, please visit www.sleepcenter.org.

Dr. Edmund Cornman is board-certified in Sleep Medicine (American Board of Psychiatry and Neurology) and Neurology (American Board of Psychiatry and Neurology). To set up an appointment or to speak to Dr. Cornman, please call (804) 285-0100.

Article Courtesy Tidewater Review

SPOTLIGHT ON: Sleep Disorders Centers of VA

The Sleep Disorders

Center of Virginia is fully-accredited by the American Academy of Sleep Medicine, and has dedicated its facilities and sleep labs solely to treating sleep troubles, including Insomnia, Sleep Apnea, Restless Legs, Hypersomnia and Narcolepsy.

Visit: www.sleepcenter.org

Locations:

•1800 Glenside Drive
Suite 103
Richmond, Virginia 23226
804-285-0100

•130 Temple Lake Drive
Suite 5
Colonial Heights, Virginia
23834
804-526-3450

•8405 Northrun Medical
Drive
Meadowbridge Health
and Wellness Center
Mechanicsville, Virginia
23116
804-559-4165

*Each center is open from
8:30 a.m. until 5 p.m., with
its sleep lab open from 8
p.m. until 8 a.m.*

What's going on with FA-CTS?

Meeting with Senator Northam...

FA-CTS President and Mrs. Virginia International 2009 Jennifer Phillips, of Providence Forge, and Vice-President and Board Director Amy Jo Martin, of Quinton will be meeting with Senator Ralph Northam on July 9. Phillips and Martin will discuss the status of health care reform, especially related to fibromyalgia in the state of Virginia, and the possibility of a fibromyalgia awareness/FA-CTS license plate in circulation.

Phillips and Martin are also in talks with delegates, senators and congressmen about the issues, and how to raise awareness of fibromyalgia, and funds for medical research and solutions to the syndrome.

FA-CTS Pres to compete in Mrs. VA International 2009

Jennifer Phillips, FA-CTS President and Mrs. VA International 2009 will be competing in the Mrs. International 2009 pageant in Chicago on July 14-19.

FA-CTS would like to congratulate Jennifer on her efforts to raise fibromyalgia awareness.

Go Jenn!

Go Jenn!



**President of FA-CTS
Jennifer Phillips**

FA-CTS would like to thank [Betty Wallace](#) for allowing the group to meet every month in her beautiful bed and breakfast, Wallace Manor. FA-CTS would also like to thank [Dr. Edmund Cornman](#) for coming to speak to the group in June, and for doing such a thorough job of explaining the risks of sleep deprivation and its relation to fibromyalgia. It is people like Mrs. Wallace and Dr. Cornman who will help make FA-CTS a success. We thank you again.



FA-CTS square going on library quilt

New Board Director and Vice-President of FA-CTS, Amy Jo Martin recently handbeaded a quilt square for the West Point branch of the Pamunkey Library adult summer reading quilt.

When deciding her subject, Amy knew right away that she wanted to honor the 7-10 million fibromyalgia sufferers, and especially the ladies in FA-CTS.

The beading took nearly seven consecutive hours.

For the summer reading program, participants are asked to sign up at the library and pick up a square of their choice to personalize through any medium (paint, embroidery, quilting, etc.).

The squares are due by August 15, at which time the quilt squares will be sewn together and displayed. Please call the library or visit at 721 Main Street for more information.

Upcoming Meeting:

Let's rule over fibromyalgia
this summer with a party!

July 16, 2009

7-8:30 p.m.

Wallace Manor

(3821 N

Courthouse Rd

Providence Forge)

FA-CTS princesses, please bring:

- A low-carb dish/drink
- Five interesting "facts" about yourself (that you feel comfortable discussing)
- Family and friends

There will be games, prizes, and of course, LOTS of great sisterhood (and brotherhood)

Please contact Amy Jo Martin for more information.



CONTACT US

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Submissions: Items of interest (articles, pictures, ideas, etc.) should be sent to amartin@tidewaterreview.com.

**Amy Jo Martin- Newsletter
Editor/FA-CTS**

Get the FA-CTS meets on the
third Thursday of every month at
Wallace Manor, in Providence
Forge.

(Friends, family, caregivers and health-care professionals are encouraged to attend any and all meetings.)



Check it Out!

Coming soon: A FA-CTS "library," with books on fibromyalgia, pain management, and symptoms of the disease (ex: IBS) available for lending between members.

A starting list will be sent soon via email. The first books are a part of Amy's collection, but if you would like to add any books to the library list (they can remain in your home), please email Amy.

Members can borrow the books after each meeting, and then bring them back at the following meeting.