

NEWSLETTERS – Back Issues

Volume 1\$5.00 each/members
\$8.00 each/non-members

This is a special issue, as it talks about the very beginning of AFFTER and why it was founded. We discuss fibro fog, NIH research updates, coping methods, a summary of FMAA's Patient Conference - "Ohio 99", and our popular "fi bro funnies."

Volume 2\$5.00each/members
\$8.00 each/non-members

A variety of treatment options such as medication, chiropractic care, yoga, and how to get better sleep. It also addresses the Chiari Malformation issue and discusses the surgery issues. More research is talked about in a new section "Ask the Doctor" is included.

Volume 3\$5.00 each/members
\$8.00 each/non-members

Juvenile fibromyalgia - its research and having fibromyalgia from a child's perspective. There is more information about research, a section about AFFTER's recent fibromyalgia advocacy activities, fi bro-friendly gardening, and preliminary AFFTER study results.

Volume 4\$5.00 each/members
\$8.00 each/non-members

An overview of the American College of Rheumatology (ACR) meeting - including current research that was reported on, risk factors for developing fibromyalgia, etc. Also in this issue you will read about coping tips such as journal writing and exercise.

Volume 5\$5.00 each/members
\$8.00 each/non-members

The journey to the diagnosis of fibromyalgia and the summary of a lecture regarding the management of fibromyalgia. A section on alternative treatments includes a description of holistic medicine, watsu, and acupuncture. Our AFFTER updates section talked about various fund raising and advocacy efforts.

Volume 6\$5.00 each/members
\$8.00 each/non-members

The history of fibromyalgia from our beginning in the medical journals and reflections of those times were described by Drs. Yunus and Katz. Several popular fibromyalgia treatments were talked about, along with announcements of promising new research. We reported on exciting news from AFFTER's Rantoul Branch, and an announcement was made about our first research grant.

Volume 7\$5.00 each/members
\$8.00 each/non-members

A discussion of fibromyalgia research and where it is headed, from several points of view. There is a summary of a NIH research assessment meeting along the opinion of their funding commitments from several experts. Also included is a summary of our conference Fibromyalgia: More Questions Answered ~2003~.

Volume 8\$5.00 each/members
\$8.00 each/non-members

Men have fibromyalgia too: a personal story of a man's journey with fibro Also discussed are issues that women have with conception. How different types of water therapy and breathing techniques can make you feel better; plus medication and research updates.

Volume 9\$5.00 each/members
\$8.00 each/non-members

Read about AFFTER advocacy and fund raising events. There is a section on medications including an article on chronic pain and narcotics. Research updates, communication with your doctor, and supplements are also discussed.

ALSO AVAILABLE:

Fibromyalgia: More Questions Answered 2003

80-page Conference Program Booklet with speaker handouts
\$15.00 each/members (add \$2.00 for shipping)
\$17.00 each/non-members (add \$2.00 for shipping)

ORDER FORM



PO Box 768
Libertyville, IL 60048-0768

Send this form with check or money order made out to AFFTER

Date _____

Name _____ *E-mail _____

*Receive e-news updates

Address _____ City _____ State _____ Zip _____

• Enclosed is my contribution to AFFTER: Check which type: New member _____ Renewal _____ *Gift membership _____ (see end of form)

In the amount of

___ \$25 basic ___ \$26-50 sponsor ___ \$51-100 supportive ___ \$100-500 benefactor ___ \$ other

*Tax deductible contribution: A donation over the basic amount of \$25 qualifies as a tax-deductible, charitable contribution.

TOTAL MEMBERSHIP \$ _____

Please send me the following volume(s) of the *Fibromyalgia Focus* newsletter.
(Specify quantity of each – see descriptions on back side.)

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

Total volumes ordered _____ x \$5.00 each/members; \$8 each/nonmembers

TOTAL BACKISSUES: \$ _____

Please send me the Conference Program Booklet
"Fibromyalgia - More Questions Answered 2003"
(Please add \$2.00 for shipping)

___ x \$15.00 each/members \$ _____ + \$1.00 s/h =
___ x \$17.00 each/nonmembers \$ _____ + 1.00 s/h =

TOTAL CONFERENCE BOOKLETS \$ _____
\$ _____

TOTAL AMOUNT ENCLOSED: \$ _____

GIFT MEMBERSHIP: These contributions are 100% tax deductible

This donation is:

___ **a gift for someone** (person will receive gift card, information packet and annual membership)
___ **in memory of someone.** This person will receive a gift card and annual membership.)

Name _____

Address _____

City _____ State _____ Zip _____

___ Please send me information about the fibromyalgia survivor course package.

___ I am a support group leader. Please add me to your referral list.

___ I am a health care provider. Please add me to your referral list.

___ I am interested in being an AFFTER volunteer.

Areas of interest or expertise: _____