

**AFFTER RESOURCES:**  
**Advocates for Fibromyalgia Funding, Treatment, Education and Research**

Help us RAISE FUNDS AND AWARENESS  
with fibromyalgia pins and canvas tote bags:  
(While supplies last)

**FIBROMYALGIA AWARENESS PIN:** Crimson and pink colored pin shaped like a ribbon: The pink color denotes women; the crimson color signifies chronic pain; together they equal "women in chronic pain. \$5 each plus .50 shipping and handling.

**CANVAS TOTE BAG:** Durable black canvas bag with two handles and yellow lettering. \$10 each plus \$1 shipping and handling.

**FIBROMYALGIA FOCUS NEWSLETTER BACK ISSUES:**

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

The Fall/Winter 1999 issue features: This is a special issue, as it talks about the very beginning of AFFTER and why it was founded. We discuss fibrofog, NIH research updates, coping methods, a summary of FMAA's Patient Conference - "Ohio 99", and our popular "fibro funnies".

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

The Spring 2000 issue features: A variety of treatments 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 and a new section "Ask the Doctor" is included.

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

The Summer/Fall 2000 issue features: Juvenile fibromyalgia – its research and having it from a child's perspective. There is more information about research, a section about AFFTER's recent fibromyalgia advocacy activities, fibro-friendly gardening, and preliminary AFFTER study results.

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

The Spring 2001 issue features: 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 / \$8.00 non-members

The Fall 2001 issue features: 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 / \$8.00 non-members

The Fall 2002 issue features: 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, and an announcement was made about our first research grant.



**Advocates for Fibromyalgia Funding, Treatment, Education and Research**

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**ORDER FORM:**

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- Enclosed is my annual contribution to AFFTER:

\$25 basic  \$50 supportive \*  \$100 sponsor\*  \$500+ benefactor \* \$ \_\_\_\_\_

\*Tax deductible contribution: A donation over the basic amount more than covers the cost to receive our newsletters and mailers and therefore, qualifies as a tax-deductible, charitable contribution.

- OR - Enclosed is a *renewal* of my annual contribution\*: \$ \_\_\_\_\_

- Please send me the following Volume # (s) of the Fibromyalgia Focus Newsletter *\*see above for descriptions*

Specify quantity of each: Vol #1\_\_\_ Vol #2\_\_\_ Vol #3\_\_\_ Vol #4\_\_\_ Vol #5\_\_\_ Vol #6\_\_\_

Total Quantity of Volumes Ordered \_\_\_\_\_ x \$5.00 each / member **OR** \$8.00 each / non-member \$ \_\_\_\_\_

- Please send me cassette tapes from AFFTER's Conference: Fibromyalgia: More Questions Answered ~ 2003~

- 1) Dr. Muhammad Yunus: \_\_\_\_\_ (*FMS and Current Updates*), 2) Dr. Michael McNett \_\_\_\_\_ (*Alternative Treatments*)
- 3) Sue Nelson \_\_\_\_\_ (*Power of Aquatic Energy*), 4) Jeffrey Rabin, esq. \_\_\_\_\_ (*Social Security Disability*)
- 5) Mel French, PsyD \_\_\_\_\_ (*Managing Emotional Factors*), 6) Marilyn Myles, MSW, LCSW \_\_\_\_\_ (*Coping with Stress*)

INDIVIDUAL TAPES: \$ 8 each / member - \$ 11 each / non-member (add \$1 each for shipping) \$ \_\_\_\_\_

- Please send me the 80 page Conference Program Booklet(s) with speaker handouts  
PRICE: \$15/member \$17/Non-member (add \$2 for shipping) \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED: (send this form with check made out to AFFTER, to address at top) \$ =====**

- I am interested in helping AFFTER with administrative functions
- 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.

**GIFT MEMBERSHIP:**

*I am donating in honor of someone else:  
(This person will receive a gift card and annual membership)*

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