

Thank you for joining our e-newsletter on our website www.brightonspinal.com.au
We appreciate your continued recommendation and support of our team of spinal and joint care specialists.

In this Issue:

- **Fibromyalgia: Living well with Fibromyalgia**
- **My Health Organiser: Diary for your Health**
- **Pilates SOCKS have arrived**
- **Bridie Kean thanks you**

Comprehensive Spinal and Joint Care

Living well with Fibromyalgia

What is Fibromyalgia and what can be done about it?

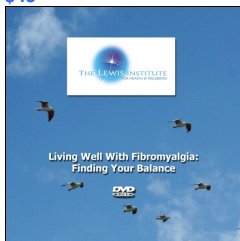
Fibromyalgia is a term used to describe widespread aches and pains in the muscles and joints throughout the body, combined with sleep disturbance and fatigue. We can often describe these complaints when clinical tests such as x-rays and blood tests are normal. Fibromyalgia is 4 to 7 times more common in women than in men.

Symptoms include:

- **Pain:** can originate from the spine, around the shoulders and to a lesser extent the back and arms. Pain can be deep and aching, or burning and tingling. Usually pain is felt over a wide area of your body and can vary day to day.
- **Stiffness:** Muscle and joint stiffness may accompany the pain
- **Fatigue and poor sleep:** may worsen your condition and make pain persist as sleep is reduced.
- **Other symptoms:** swelling of hands and fingers, hand weakness, headaches.

As the underlying cause of fibromyalgia is not definitely known, there is no simple cure. However, a combined approach is often successful in the long term. Much of your pain can come from fear and anticipation of pain.

DVD: Living Well With Fibromyalgia: Finding Your Balance \$45



Dr Daniel Lewis (Rheumatologist) has released a DVD designed to offer understanding, skills and inspiration for those living with fibromyalgia. If you or someone you know suffers from fibromyalgia, this DVD will help you better understand fibromyalgia and offer relief.

MY Health Organiser™ \$30

This specially designed expandable communication system is for storing and recording medical information. **My Health Organiser** makes keeping personal health records and history easy. It allows you to keep up-to-date health records at hand whenever you need it. - Essential for your optimal healthcare. It will enhance communication between you and your health care practitioners, making your consultation time more effective as all your health information and results are at hand.



These products are available on Dr Daniel Lewis website www.pathways2wellbeing.com.au

Pilates Socks



Due to requests from our dedicated pilates patients, we have Pilates socks available to purchase for a non-slip hygienic workout.

Proudly Australian Owned & Made, Gripperz are the perfect way to enhance your workout. Designed with a fitted heel, arch support, and rubber grip soles, these socks help to stabilise you whether it's on a reformer bed, mat or even polished floor boards.

\$15 per pair available from our pilates studio.

Bridie Kean Bronzed Aussie Thank you



Bridie here! I just wanted to thank-you for your amazing support during my time in Beijing; it was such a fantastic experience.

I didn't expect that Wheelchair Basketball and the Paralympic Games would have such extensive coverage and media attention, so it was great during my time there to get all the emails and hero messages from home!

I'm now back to reality and am working at the Pilates clinic to save for returning Illinois University, USA, where I will commence university and training in January 2009 for the next round of tournaments.

I've also been doing some motivational speeches for schools and organisations to help my "Illinois Food Fund".

If you know of any schools / organisations / businesses who may be interested in paying a small fee (\$10 per head) to hear my speech please contact me at the Pilates clinic on 9596 8233.

Thanks again for all your wonderful support! Looking forward to London 2012!



Contact Us

**Open 8am to 8pm
Monday to Friday
and 8am to 4pm on Saturdays.**

Main Clinic
441 Bay Street BRIGHTON 3186
T 03 9596 7211
F 03 9596 7871

Pilates Clinic
215 Bay Street BRIGHTON 3186
T 03 9596 8233
F 03 9596 7871

www.brightonspinal.com.au
healthpromotion@brightonspinal.com.au