

E-NEWSLETTER



THE DOVE CLINIC FOR INTEGRATED MEDICINE

ISSUE 8

April 2011

Special Offer - The Dove Clinic is currently making a special offer for anyone considering EECF for angina and chronic heart disease. For £99 you will receive a full doctor's assessment / consultation at The Dove Clinic. For anyone taking a course of treatment, this fee will be discounted from the cost. Please use the code mentioned on the EECF website www.eecf.co.uk



Clare Robinson
Clinic Manager

All-Party Parliamentary Group for Integrated Healthcare.

We are delighted to be members of this prestigious and influential group, Chaired by David Tredinnick M.P. and with Lord Colwyn as President.

The purpose of the group is to facilitate, among politicians, the exchange of information on integrated healthcare; to stimulate well-informed debate; and to contribute towards the development of knowledge and policies on the subject.

David Tredinnick has been the leading figure in the field of integrated and complementary medicine in Parliament for over 20 years. During this time he has been instrumental in raising awareness and understanding on all aspects of integrated and

complementary medicine in this country, supported better regulation of complementary medicine practitioners, and campaigned for improved access to complementary medicine services through the National Health Service. He sat on the committees that brought statutory regulation to the osteopathic and chiropractic professions and has raised the issue of integrated medicine in debates and Parliamentary Questions in the House of Commons.

In March we were invited to attend a Cancer Care reception, held at the House of Commons. As well as the opportunity to meet other like-minded healthcare professionals, there were a number of presentations from doctors and professionals offering supportive therapies for patients with cancer.

The APPG for Integrated Healthcare seeks to ensure that the profile of the important work and services offered within this area of healthcare, remains high on the political agenda, by continually raising questions in Parliament, to challenge and introduce the many areas

of health provision that are available, but currently lay outside the conventional model. The APPG is adamant that the services offered by clinics such as our own, should be recognised equally alongside the conventional options that are available and that funding for research and development should be extended to cover ALL health innovations.

We look forward to having the opportunity to present the work of The Dove Clinic at a future APPG meeting and I look forward to reporting back further in future editions of our newsletter.

Clare Robinson

The Immune System - A Digital Broadcast.

In March we did a first for us at the Dove. We presented a webinar for nutritionists on the subject of the Immune System, and the difference between the actions of some of the different beta glucan products (such as ImmiFlex) available on the market. As a first attempt we were plagued by some technical glitches - mostly around sound, but the overall feedback was very positive. Dr Richard Fuller delivered a

comprehensive PowerPoint presentation, lasting around 40 minutes to some 60 nutritionists. The nutritionists came from all over the UK and from Ireland as well.

Afterwards Richard described it as one of the most nerve racking things he had ever undertaken. This is a very convenient way of delivering a lecture - delegates do not have to travel and a meeting room is not required - and costs are kept to a minimum. The difficulty is that as human beings we interact by visual as well as audio means and not being able to see your audience presents a challenge. That said we were delighted by the feedback - one delegate stated "I just wanted to say what an excellent seminar this was. The content was perfect and interesting. The presenter was excellent".

Next time we will address the sound issue and before we post the seminar on the website we will re-record the audio.

This was still an exciting new way to get The Dove message across and we will continue to develop this kind of awareness. We are also



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hoping to develop an online chat facility onto our website whereby website visitors can interact with staff and doctors in a secure way over the web as an alternative to using the telephone. We will write more about this in our next edition. Anyone interested in downloading the movie of this can visit <http://www.immiflex.info/links.html>

David Webb.

Health Awareness Dates for April:

- 1st-30th - Irritable Bowel Syndrome and Bowel Cancer
- 2nd -7th World Autism Day
- 8th-11th Fibromyalgia Conference & Pamper Weekend
- 10th-16th World Homeopathy Awareness
- 11th-15th National Allergy Week
- 11th-18th Orchid Male Cancer Awareness week
- 11th-17th Tick Bite Prevention Week
- 18th-24th Depression Awareness
- 25th-1st May Multiple Sclerosis Awareness Week.

Article this month focuses on:

Fibromyalgia - (info courtesy of <http://www.ukfibromyalgia.com>)

FMS - fibromyalgia (fi-bro-my-AI-juh) syndrome is a wide spread musculoskeletal pain and fatigue disorder for which

the cause is still unknown. Fibromyalgia means pain in the fibrous tissues in the body. The pain comes from the connective tissues, such as the muscles, tendons, and ligaments. FMS does not involve the joints, as does rheumatoid arthritis and osteoarthritis.

Most patients with fibromyalgia say that they ache all over. Their muscles may feel like they have been pulled or overworked. Sometimes the muscles twitch and at other times they burn. More women than men are afflicted with fibromyalgia, but it shows up in people of all ages.

What's the Difference between FM and Chronic Fatigue (M.E.)?

Some doctors treat fibromyalgia (FMS) and chronic fatigue syndrome (CFS) separately, while others think they are actually the same thing – or at least, variations of the same condition. According to the Arthritis Foundation, research shows that 50 to 70 percent of people with one diagnosis also fit the criteria for the other.

Common symptoms

Pain - The pain of fibromyalgia has no boundaries. Quite often, the pain and stiffness are worse in the morning and you may hurt more in muscle groups that are used repetitively. People with FMS suffer chronic widespread pain, which can be described as burning, throbbing, shooting, or stabbing,

Painful areas often include the upper back, shoulders, neck, the low back, and other areas around the joints. Many people will say, "I hurt all over."

Fatigue - This symptom can be mild in some patients and yet incapacitating in others. The fatigue has been described as "brain fatigue" in which patients feel totally drained of energy. Many patients depict this situation by saying that they feel as though their arms and legs are tied to concrete blocks, and they have difficulty concentrating. Most people with FMS complain of fatigue. It can be profound, interfering with all daily activities.

Sleep disorder - Most fibromyalgia patients have an associated sleep disorder called the alpha-EEG anomaly. This condition was uncovered in a sleep lab with the aid of a machine which recorded the brain waves of patients during sleep. Researchers found that fibromyalgia syndrome patients could fall asleep without much trouble, but their deep level (or stage 4) sleep was constantly interrupted by bursts of awake-like brain activity.). The sleep pattern for clinically depressed patients is distinctly different from that found in FMS or CFS.

Irritable Bowel Syndrome - Constipation, diarrhoea, frequent abdominal pain, abdominal gas and nausea represents symptoms frequently found in roughly 40% to 70% of fibromyalgia patients.

Chronic headaches - Recurrent migraine or tension-type headaches are seen in about 50% of fibromyalgia patients and can pose as a major problem in coping for this patient group.

Temporo-mandibular Joint Dysfunction Syndrome

- This syndrome, sometimes referred to as TMJD, causes tremendous face and head pain in one quarter of FMS patients. However, a 1997 report indicates that as many as 90% of fibromyalgia patients may have jaw and facial tenderness that could produce, at least intermittently, symptoms of TMJD. Most of the problems associated with this condition are thought to be related to the muscles and ligaments surrounding the joint and not necessarily the joint itself.

Multiple Chemical Sensitivity Syndrome

Sensitivities to odours, noise, bright lights, medications and various foods is common in roughly 50% of FMS or CFS patients.

Other common symptoms - Painful menstrual periods (dysmenorrhea), chest pain, morning stiffness, cognitive or memory impairment, numbness and tingling sensations, muscle twitching, irritable bladder, the feeling of swollen extremities, skin sensitivities, dry eyes and mouth, frequent changes in eye prescription,



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dizziness, and impaired coordination can occur.

Possible Causes. The cause of fibromyalgia and chronic fatigue syndrome remains elusive, but there are many triggering events thought to precipitate its onset. A few examples would be an infection (viral or bacterial), an automobile accident or the development of another disorder, such as Rheumatoid arthritis, lupus, or hypothyroidism. These triggering events probably don't cause FMS, but rather, they may awaken an underlying physiological abnormality that's already present in the form of genetic predisposition.

Common Treatments: Pharmaceutical

Painkillers to help with pain; Anti depressants to help with depression and sleep; Muscle relaxants and sleep medicines to help you sleep; Novel medications to help with pain and sleep (developed as anti-epileptics).

Other treatments:

Acupuncture, acupressure, nutrition, relaxation techniques, osteopathic manipulation, chiropractic care, therapeutic massage, or a gentle exercise program. Therapeutic massage, heat or hot baths, ice massage, biofeedback and other relaxation techniques, stress reduction, behaviour modifications, body mechanics, posture training, cognitive behaviour therapy and meditation.

Exercise:

A program of stretching and gentle exercise is essential for FMS patients. A physical therapist or exercise physiologist can help you put together a program that will be beneficial in maintaining muscle tone and a reasonable level of aerobic fitness. Walking, stationary exercise equipment, pool therapy, and stretching seem to be the most suitable activities for the FMS patient. The key is to start slowly and increase your exercise time and level carefully.

DIET: Some research has suggested that eating foods with low sugar content can help FM sufferers. The easiest way to do this is to consult a Glycemic index.

If you would like to know more about how The Dove Clinic can help you with the treatment of Fibromyalgia or Chronic Fatigue Syndrome, please contact our reception team on 01962 718000 or Email: secretaries@doveclinic.com

Patient Case Studies:

We have been asked if we could include some patient case studies on various health conditions in our E-Newsletter. The articles would need to be no more than 300 words and could include details of treatments or therapies which you have undertaken. We would treat each story anonymously for patient confidentiality and we could only select one story for each edition. If anyone would be interested in doing this, please send your article to Val Hallett,

The Dove Clinic, Old Brewery, High Street, Twyford, Hampshire SO21 1RG (marked E-Newsletter article).

Or email Val on Val.Hallett@doveclinic.com
Many thanks.

Remembering Kevin.....

Kevin Bright was a patient at The Dove Clinic from 2008 until 2010. Ever positive, despite suffering from bowel cancer, Kevin had a drive and enthusiasm about him that was an inspiration to his family, friends, colleagues and medical and nursing staff.

With support from his work, during the period of his illness, Kevin raised £60,000.00 for various different UK cancer charities. A further £13,000.00 was also raised for Wessex Cancer Trust during a sky dive undertaken with family members over the Hoover Dam in January 2009.

Kevin sadly died in April 2010.

Selwood (Kevin's former employer), in memory of Kevin, and five years on from their original £60,000.00 fund raising success, have now set out to remember him by exceeding their previous huge achievement, by raising a further £65,000.00 culminating in a huge fundraising challenge when Kevin's widow Carole and a team of stalwarts will trek the Height of Kilimanjaro.

The staff here at The Dove Clinic support this worthwhile initiative and invite anyone who might like to support Carole and the team, to make a contribution by visiting

<http://www.justgiving.com/Carole-Bright>

where further information is available.

Good Luck to Carole and the trek team!

Facebook:

You are welcome to join our Facebook group at:

www.facebook.com/pages/The-Dove-Clinic/155866397792132

Chronic Fatigue Syndrome:

www.cfsmedicine.co.uk



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Carole & Kevin Bright

