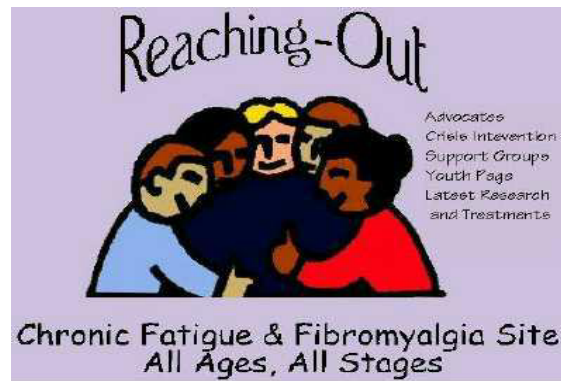


[www.reaching-out.info](http://www.reaching-out.info)

- Support Groups
- Crisis Intervention
- Advocates
- Safe Place for Youth
- Haven of Hope
- Stories
- Latest Information on research and news

**We're here for you!**



**Reaching-Out  
Monthly Newsletter**

Sept. 15, 2004  
Volume 1, Issue 8

**Visit our pages:**

- ⇒ *Advocate*
- ⇒ *Haven of Hope*
- ⇒ *Our Stories*
- ⇒ *Support Center*
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- ⇒ *What's New?*

## Reaching-Out Monthly Newsletter



### ***What's in this issue?***

- Thankful!**
- Don't Give Up** by Kay Baugh
- Reaching-Out Wearing Hardhats!**
- September Tips: Cooking**
- T-Shirt Order Information**
- Fun Page**
- News**
- Note from Editor**



*Editor's Choice  
Award*  
[www.healingwell.com](http://www.healingwell.com)



## ***THANKFUL!***

*By Cuz, Reaching-Out Staff*

Life is not over and to keep hope and the willingness to live we have to recognize what we have to be thankful for. I know there are days that seem gray (yup, I have them all the time) but they never go black cause I keep a list of what I have to be thankful for. I have to look at it everyday since it is on my bathroom mirror. Here is what I have to be thankful for:

- ☺ I still have the ability to love.
- ☺ I still have the ability to laugh and smile.
- ☺ I still have the ability to make other people laugh or smile.
- ☺ I have a wonderful son that has CFS and I get the opportunity to help him find the things he can be thankful for.
- ☺ I have a husband who loves me.
- ☺ I have the ability to do some work from home.
- ☺ I would not have found the people at reaching-out if I didn't have this illness and these people have given me unconditional understanding and love and are now like my sisters and brothers.
- ☺ I can still enjoy music, books, working jigsaw puzzles, coloring. (in moderation)
- ☺ I can still breathe, kiss, hold hands, show love.

My list is long and I am thankful for much. Yes, I wish I could get rid of these diseases. Sometimes my gray starts fading to black, but then I remember to read my list and the gray becomes purple (the color I have chosen to represent power).

So my challenge to you is to make your 'Thankful' list and pick a power color and envision your color shining bright when you need it to carry you and lift your spirits! ♥





## Don't Give Up!

By Kathryn Baugh, Reaching-Out Member

I wanted to share my story to try to encourage all of you who are where I was. I know that when you are suffering from pain, fatigue, fear, boredom, hopelessness, and depression it's very hard to maintain any hope of things getting better.

I often worked unpaid overtime at my library, and loved every minute. My job was rewarding; I felt good about the service I was offering the community, and, although I didn't have time to read all the books going across my desk, I was really in my element. Then my health began to slip... then crash. I was diagnosed in the mid-'80s with Fibromyalgia. They didn't have CFS at that time; I think they called it the Yuppie disease.

I had to give up my library. I dropped out of my other activities. You know all the downside of it, so I won't detail everything. In a year I was walking with a "walking stick" (I refused to call it a "cane".) I had a TENS unit to help control the pain, a handicapped placard, and a wheelchair for any long outings, and I was looking at electric ones. I was mainly staying home and not even walking to the end of the driveway. It hurt to wear clothes, and having a doctor tell me to "then wear a muumuu" didn't help.

I'd learned that you didn't die from Fibro, but I wasn't living with it, either. It was give up or fight, so I literally forced myself to start walking to the end of the drive... then farther... then farther, until I could walk a mile and back. Yes, I used my stick, but I was *moving*.

I still had terrible days. — Weeks of going from the bed to the couch. I was on more prescriptions than I can even remember. My brain was on HOLD. I couldn't think, couldn't talk, couldn't function. The pain, the migraines, the total fatigue, and the lack of sleep all took their toll.

A few years ago, friend with Fibro, told me about an acupuncturist, one who was the best she'd had. I was ready for anything... even letting someone put needles in me. I made an appointment. I noticed improvement with my first treatment, so I continued to go back. I started with once a week, but it now varies with my need. I know there are different kinds of acupuncture, so maybe that's why it isn't always helpful with Fibro. My acupuncturist uses Five Element Acupuncture.

I was able to go off all prescription medications. If I would learn not to burn my candle at so many ends, I might be able to go less often. I feel so good that I over-push, but I'm trying to be more measured. I know that keeping a positive attitude is helpful, too. Of course, it's easier to raise your spirits when you feel good, than when you don't. Things can be a vicious cycle and hard to control.

Is my life "normal"? No, but pretty close.... Anyone with a chronic illness learns to appreciate the good times. I now have far more good days than bad. I'm active, and doing more than I've ever done, since I'm trying new things, too. Life is good. On my **blucky** days I try to figure what caused them. Sometimes the barometer dropped and took me for the ride, but most of the time I just wasn't as careful with my energy or stresses as I should have been: the "one straw too many" syndrome.

It would be wonderful to have the "answer" for Fibro, but until then, I try to live my life to the fullest on a day by day basis. Who knows, maybe this is my lesson in *patience*. ♥



### Writers Needed!

Do you have a topic you would like to write about in our newsletter? We can use your real name and you can say you have been published! Or, if you prefer we can make it anonymous or just use your initials. Almost any topic is fine.

I can tell just by reading the emails in the support groups that we have some great talent out there. Please email me with questions or your desire to write and I will answer you back right away!

[svnthstars@aol.com](mailto:svnthstars@aol.com)



*"This wonderful group of ladies entered my life, as an answer to a prayer, at a time when I thought life was no longer worth living because of the particular stressors in my life at that time. They not only gave me hope and a reason to live, they brought laughter back into my life!"*

-Tootie, Reaching-Out Member



## Reaching-Out.Info Wearing Hardhats!

We are almost a year old! That means it is time to access and rebuild/revamp where necessary. So we are donning our construction outfits and are ready to go!

Here are the things we are working on at Reaching-Out. If you would like to be a part of any of the projects just give us a yell. We encourage all our members to be involved as much or as little as they want or as their illness allows. First and foremost is our health.

- ↪ **NEW WEBSITE** - we are revising, revamping and renewing the site. If there is something you would like to see added or changed, please let us know so we can put it on the agenda to talk about. We love to have everyone's input. We are also looking at new homes for the site. (Reminder: Our current home is [www.reaching-out.info](http://www.reaching-out.info) )
- ↪ **T-SHIRTS** - Spread awareness about CFS and FM by purchasing and wearing one of our T-shirts. They come in many colors and sizes. (See order form in this edition or go to our web site to order.)
- ↪ **FACES & VOICES** - We are adding more pictures and quotes about Reaching-Out to our website and newsletter. The personal touch makes people who visit the site see us as real people not just someone who is sick. We also invite your voices to be heard on our Haven page, our Stories page and in our newsletter.
- ↪ **GOING, GOING, GONE!** - Keep your eye out for our new auction items that will be featured on Ebay. We will have a link off of our website when we get everything up and moving. If you have items you'd like to donate or if you have questions, feel free to write Sparrow at [wheresmyfortune@aol.com](mailto:wheresmyfortune@aol.com).
- ↪ **AND THE SURVEY SAYS!** - Visit our website to sign up for surveys. You will make money and so will we.
- ↪ **ADVERTISERS** - They will help pay for our site and guide you premium products. If you know of a company that might be interested in advertising, let us know.

**We are excited about all the things that are coming up  
and welcome your comments, suggestions and input! ♥**



### Tips are for Fibromites! September Topic: Cooking Tips

- To determine whether an egg is fresh without breaking the shell, immerse the egg in a pan of cool salted water. If the egg sinks to the bottom, it is fresh. If it rises to the surface, throw it away.
- Spray cooking oil on knives or graters before slicing or grating sticky products such as cheese.
- Microwave a lemon for 15 seconds and double the juice you get before squeezing.
- A simple way to sharpen kitchen shears: cut a piece of steel wool.
- Noodles, spaghetti and other starches won't boil over if you rub the inside of the pot with vegetable oil.
- To slice meat into thin strips partially freeze and it will slice easily.
- When browning ground meat, brown several pounds and drain. Divide evenly in freezer containers and freeze. Unthaw in microwave for quick fixing next time.
- Sunlight doesn't ripen tomatoes, warmth does. Store tomatoes with stems pointed down and they will stay fresher, longer. ♥

### Make Money

Answer online surveys  
for **MONEY!**

You get paid and so do we!  
A wonderful win-win  
opportunity to help each  
other. Go to our website at  
[www.reaching-out.info](http://www.reaching-out.info)  
and look for this logo on the  
front page and let's make  
some money!



# Introducing Reaching Out T-shirts!!!

Now! Finally! You can show your support and look good doing it! It took us a lot of time to find the quality we wanted, but finally we did it!

\*\*\*Quality of logo is better on shirt than shown\*\*\*

Shirts are quality made with transfers placed on by hand and then professionally pressed.

Shirts are 100% cotton, soft, durable and long lasting!

Shirts are available in small, medium, large extra large, 2X, 3X, 4X & 5X!



If you, or someone you know has Fibromyalgia or Chronic Fatigue, there's HOPE! Go to our website at [www.reaching-out.info](http://www.reaching-out.info)

**REACHING OUT DECAL  
PLACED ON LEFT SIDE OF  
SHIRT UNLESS OTHERWISE  
SPECIFIED**

Available in a wide variety of colors!



Reaching Out is a Chronic Fatigue & Fibromyalgia site, run by survivors! It offers HOPE and FRIENDSHIP through small support groups for survivors and care takers, Advocates, our stories, and the latest research and treatments! We also offer a youth page for those up to 18, and a safe place called Haven of Hope for poetry, jokes, and inspiration. ALL services are FREE, including a FREE monthly newsletter.

# Reaching Out T-Shirt Order Form

(This form may be sent by mail or email.)

**NAME:**

**ADDRESS:**

**METHOD OF PAYMENT:**

Check     Money Order     Cashier's Check    Checks payable to: Sparrow Ivy

	Quantity	Amount
Size & Color		
Size & Color		
Size & Color		
Size & Color		
Shipping and Handling		
Mail Orders to: Sparrow Ivy 66 Artisan Way Sandpoint, ID. 83864	Total	

Paypal is accepted! Send payment to: Wheresmyfortune@aol.com

Prices \$12.95 per shirt, shipping/handling \$7.50. Shirts are ordered on an as need basis. For additional shirts, please add an additional \$1.00 for shipping. Please give up to 20 days for delivery as shirts are made when ordered. Also, for sizes 2X add \$1.50, 3X add \$2.00, 4X \$2.50 and for 5X \$3.00

To contact us with questions, please email: [webmaster@reaching-out.info](mailto:webmaster@reaching-out.info)  
If you wish to send cash, please contact us first so we can discuss if this can be done.

Please consider supporting our site, for those you know, or for even yourself. We try so very hard to help everyone who asks. And recently, our site is growing to the point where our costs are beginning to skyrocket. So please, if possible, consider an "extra" little donation. :)

# FUN PAGE



## Board Game Word Scramble

MCOKGABNMA  
 ESCHS  
 LBCRBESA  
 KCREHCSE  
 ONLPOYM  
 VGNIGATOARA  
 RSOYR  
 ITCYARIPNO  
 SARPIECEH

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## AT THE ZOO WORD SEARCH

ALLIGATOR  
 AQUARIUM  
 BABOON  
 ELEPHANT  
 FOX  
 GIRAFFE  
 HIPPOPOTAMUS  
 LION  
 ORANGUTAN  
 PANDA  
 PANTHER  
 PEACOCK  
 POLAR BEAR  
 RAINFOREST  
 RHINOCEROS  
 TIGER  
 WOLF  
 ZEBRA

E	H	P	E	A	C	O	C	K	E	A	N	E	J	E	L	Y	G
K	K	J	R	V	C	F	H	B	E	T	D	J	I	L	P	O	R
A	L	O	I	H	E	M	A	I	L	O	O	N	G	E	A	X	O
E	C	E	X	O	F	T	T	I	A	N	R	J	H	P	G	H	C
A	D	N	A	P	O	N	F	V	O	D	E	R	Q	H	I	S	B
Q	C	K	S	B	S	I	F	S	D	J	B	D	R	A	R	U	A
E	A	M	S	N	J	N	N	M	A	E	V	X	Z	N	A	M	B
L	P	O	L	A	R	B	E	A	R	H	E	R	D	T	F	A	O
R	Q	C	N	S	G	L	D	V	B	R	W	D	F	K	F	T	O
A	E	E	V	X	F	I	E	Y	H	O	K	F	A	G	E	O	N
L	R	W	R	C	G	O	C	L	L	R	R	Y	M	A	R	P	L
L	T	N	E	V	L	N	I	F	Y	E	Q	X	V	R	A	O	B
I	Y	U	H	R	H	I	N	O	C	E	R	O	S	S	W	P	D
G	U	B	T	Y	Z	E	H	O	I	O	P	L	M	E	H	P	W
A	S	Y	N	S	J	S	R	I	F	R	I	E	N	D	S	I	R
T	H	E	A	W	R	A	W	E	C	W	V	D	R	E	H	H	R
O	T	D	P	E	R	E	P	T	K	O	N	A	V	E	H	R	K
R	U	G	W	B	R	A	I	N	F	O	R	E	S	T	V	V	N
S	M	O	E	I	N	A	T	U	G	N	A	R	O	F	C	I	P
A	L	Z	U	O	E	D	N	R	R	W	H	B	V	E	D	U	Y
F	C	L	E	Y	R	E	G	I	T	O	R	C	O	C	U	E	T
T	C	V	O	T	H	N	S	K	A	Q	U	A	R	I	U	M	I



Word Scramble Answers: BACKGAMMON, CHESS, SCRABBLE, CHECKERS, MONOPLY, AGGRAVATION, SORRY, Pictionary, PARCHEESI

## Skin Offers Clues to Chronic Fatigue Syndrome

ImmuneSupport.com 09-03-2004

### ***New Approach May Make It Easier to Diagnose Complicated Disorder***

*By Jennifer Warner, WebMD Medical News*

*Reviewed By Michael Smith, MD on Thursday, August 26, 2004*

The long sought-after physical evidence of chronic fatigue syndrome (CFS) may be found in the skin, according to a new research study.

The study suggests that differences in skin temperature and electrical activity may provide a new way to identify the potentially disabling disorder. CFS causes a variety of common symptoms, such as fever, fatigue, sore throat, headache, muscle weakness, pain, and sleep disturbances, which makes it hard to distinguish it from other ailments. Researchers estimate that chronic fatigue syndrome affects between 0.5% and 3% of the population, but diagnosing the condition is difficult and somewhat controversial.

"There are a number of medical professionals who don't believe CFS exists in the first place," says researcher Hannah Pazderka-Robinson, of the University of Alberta, in a news release. "The problem is both CFS and depression are characterized by very similar profiles. Imagine a patient who approaches a doctor and tells him they feel depressed and tired all the time."

### **New Proof Offered for CFS**

Researchers say their study, which appears in the August issue of the *International Journal of Psychophysiology*, is the first to use electrodermal activity and skin temperature to look at differences between people with chronic fatigue syndrome, those with major depression, and healthy individuals.

Electrodermal activity is a measure of electrical activity within the skin and was measured by placing electrodes on each hand. The study showed that people with CFS scored much lower on measures of how well electricity passes through the skin compared with those with depression or healthy individuals.

Skin temperatures were also much higher among those with chronic fatigue syndrome than in the other two groups. Researchers say the results suggest that despite sharing similar symptoms with depression, people with CFS can be identified by physiological measures: skin temperature and electrical activity within the skin.

They also say the study adds to the growing body of evidence that demonstrates that CFS and depression are distinct disorders with different disease profiles.

*SOURCES: Pazderka-Robinson, H. International Journal of Psychophysiology, August 2004; vol 53: pp 171-182. News release, University of Alberta.*

## **Corgenix and Autoimmune Technologies**

### **Complete Development of Diagnostic Product for Fibromyalgia**

ImmuneSupport.com 08-27-2004

Test Kit for Anti-Polymer Antibodies (APA) to Be Launched This Year Through Corgenix Distribution Organization WESTMINSTER, Colo., Aug. 19 /PRNewswire-FirstCall/ -- Corgenix Medical Corporation announced today that it has completed the development of the APA ELISA test kit for diagnosing Fibromyalgia.

The product was developed under a Development and Manufacturing Agreement with Autoimmune Technologies, LLC (Autoimmune), a New Orleans biomedical company. The new product employs Autoimmune's patented technology, and is expected to enter FDA clinical trials in the United States this September. The Development and Manufacturing Agreement provides Corgenix with the exclusive rights to manufacture the kit, which detects anti-polymer antibodies (APA) and serves as the first serum-based assay specific for Fibromyalgia, a common pain and fatigue disorder.

Corgenix and Autoimmune are collaborating on distribution of the product, and expect to launch the patented APA ELISA test kit this September in Europe through Corgenix' international distribution network. International distribution will be coordinated by Corgenix' subsidiary in the UK. The product will subsequently be available in the US if the FDA grants regulatory clearance.

"Current data suggests that APA-positive Fibromyalgia patients comprise the majority of fibromyalgia patients," said Luis Lopez, MD, Chairman and CEO of Corgenix. "This test is intended for use as an aid in the diagnosis of patients presenting with the symptoms and signs of fibromyalgia syndrome, as an aid in differentiating fibromyalgia patients from patients with other autoimmune diseases, and as an aid in determining which fibromyalgia patients have an immune response that is associated with their symptoms."

Fibromyalgia Syndrome (FMS) is a common chronic disorder that afflicts millions of individuals, primarily women. It appears to have multiple causes. FMS signs and symptoms include widespread pain, specific painful "tender points," fatigue, stiffness, sleep disturbance, headache, depression, anxiety, cognitive problems and other symptoms. Not all of the symptoms are present in every patient, and each patient may have different symptoms at different times.

The American College of Rheumatology (ACR) criteria for fibromyalgia require that a patient manifest localized pain in at least 11 of 18 possible tender points and have a history of chronic widespread pain of greater than three months' duration. Clinical physicians often consider other symptoms as well when making a diagnosis of FMS.

However, all of the diagnostic criteria now generally used for fibromyalgia are subjective, and this leads many people who aren't suffering from fibromyalgia to believe that FMS is a psychological disorder rather than a physical disorder.

"The APA Assay is the first specific clinical laboratory test for objectively identifying fibromyalgia patients," said Russell B. Wilson, PhD, President and Chief Science Officer of Autoimmune Technologies.

"The APA ELISA test detects IgG anti-polymer antibodies in human serum. Research has shown that not only are these antibodies detected in the majority of fibromyalgia patients tested, but antibody titers also correlate with the severity of symptoms in these patients."

Between 2% and 5% of adult women in the US are believed to have received a diagnosis of fibromyalgia, but the total number of FMS sufferers might be far greater. Researchers have found that, although half of US women have none of the 18 possible fibromyalgia tender points, approximately 20% of US women may have 6 or more of these tender points. Other research has determined that the direct medical costs of fibromyalgia, which include patient visits to multiple physicians to obtain a diagnosis, may exceed more than \$15 billion per year in the US alone.

In discussing the potential market for the APA ELISA test kit in the context of these figures, Doug Simpson, President of Corgenix, said, "Although other laboratory markers exist, this is the only serum-based lab test that specifically picks up fibromyalgia patients.

Research findings to date strongly suggest that fibromyalgia in APA-positive patients is associated with an abnormal immune system response. As a result, we expect the APA ELISA test to be useful not only in helping physicians make an initial diagnosis of fibromyalgia but also in indicating to them which of their fibromyalgia patients might benefit from one or more of the many existing drugs or therapies that modulate the immune system."

Mr. Simpson went on to say, "This is a very important step forward for both of our companies. Obtaining rights to this unique technology represents an excellent strategic fit for Corgenix, and expands our business base in

## Are you web site talented?

We would love a few hands in the mix at Reaching-Out as we revamp the site. Pressure is very low as our philosophy is take care of you then the web site. Health is always number one. If you would be interested please email our administrator at [wheresmyfortune@aol.com](mailto:wheresmyfortune@aol.com) and please put in the subject line:

I want to help on the web



markets that we currently serve. We see a very attractive market potential worldwide for this testing, and think this brings significant opportunity to our company. In addition, the relationship provides Autoimmune Technologies with access to a company with a global network to distribute its unique technology to the world markets." "We are happy to be working with Corgenix in what we feel is a very important endeavor," said Michael D. Charbonnet, CEO of Autoimmune. "Not since the discovery of rheumatoid factors in the 1940s has a laboratory test had the potential to so dramatically change the perception of a medical disorder. Rheumatoid factors provided the earliest laboratory evidence that rheumatoid arthritis was a 'real disease' and led to dramatic advances in treatment for it. We believe that the APA Assay has the ability to do the same thing for fibromyalgia, formally establishing fibromyalgia as a separate and distinct physical disease and leading to greatly improved patient outcomes."

#### About Corgenix

Corgenix is a leader in the development and manufacture of anti- Phospholipid test kits and other unique diagnostic products for cardiovascular disease and thrombotic risk, being the first on the market with an FDA cleared assay for anti-Cardiolipin (aCL). The company is based in metropolitan Denver and is focused on the development of specialized diagnostic kits for immunology disorders, vascular diseases and bone and joint diseases. Corgenix diagnostic products are commercialized for use in clinical laboratories throughout the world. More information about the company can be found on its Web site, [www.corgenix.com](http://www.corgenix.com).

Corgenix has previously announced a planned merger with Genesis Bioventures, Inc., (Genesis), a biomedical corporation focusing on the development and marketing of novel diagnostics and therapeutics. About Autoimmune Technologies Autoimmune Technologies is a privately held early-stage biomedical company based in New Orleans. Autoimmune has licensed several proprietary breakthrough research discoveries, including the APA Assay, from Tulane University School of Medicine and is working to make them commercially available to the medical community. More information about the company can be found on its Web site, [www.autoimmune.com](http://www.autoimmune.com).

*Statements in this press release that are not strictly historical facts are "forward looking" statements (identified by the words "believe," "estimate," "project," "expect" or similar expressions) within the meaning of the Private Securities Litigation Reform Act of 1995. These statements inherently involve risks and uncertainties that could cause actual results to differ materially from the forward-looking statements. Factors that would cause or contribute to such differences include, but are not limited to, continued acceptance of the Company's products and services in the marketplace, competitive factors, changes in the regulatory environment, and other risks detailed in the Company's periodic report filings with the Securities and Exchange Commission. The statements in this press release are made as of today, based upon information currently known to management, and the company does not undertake any obligation to publicly update or revise any forward-looking statements.*

Source: Corgenix Medical Corporation

#### **Note from the Reaching-Out Newsletter Editor**

*Greetings to all. I hope you enjoyed this issue. I am trying to find the right balance of personal stories, research and news, and fun. I think I am pretty close, but if you would like to see a little more of something or a little less of something, just let me know. I am always open to suggestions because we want to make this your newsletter.*

*I'd like to take a second to thank two very special people: Kay Baugh for her wonderful article and Tootie for allowing us to use her quote. I really love the personal touch of your voices being heard. Please consider jotting down your story, something that has helped you, or just something you are interested in writing about. I am more than happy to edit it if you want me to. And remember, the author can remain anonymous if they choose! Sending you all big hugs! ♥*

