

**FAQ's & THE PRESS KIT**  
**TABLE OF CONTENTS**

What is Fibromyalgia? .....	3
Taxonomy of Fibromyalgia .....	4
How common is Fibromyalgia?.....	4
What is The Fibromyalgia Well Spring Foundation? .....	5
What is the Goal of The Foundation? .....	5
What is the Vision of the Foundation? .....	5
How did The Fibromyalgia Well Spring Foundation start?.....	6
The Start of the Foundation .....	6
What services and programs does The Foundation provide? .....	7
Fibromyalgia Support Group .....	7
The Living with Fibromyalgia Training Program .....	7
Public Education Program .....	8
Application Assistance Program.....	8
Why a Village? .....	9
How you can help? - Buy a Brick.....	10
How you can help? - Name a Cottage .....	10
What can a Corporation do to help? .....	10
What can an Individual do to help? .....	10

## INFORMATION FOR THE PRESS

### What is Fibromyalgia?

Fibromyalgia is a condition that causes chronic muscle and soft tissue pain and tenderness on both sides of the body, above and below the waist. Fibromyalgia does not damage the body, destroy the joints, or cause any internal organ problems, but the pain may be severe enough to interfere with work and other activities...People often have trouble sleeping because of the pain. There may also be stiffness, weakness, and fatigue.<sup>1</sup>

It affects 900,000 (3 in 100) Canadians. Women are at least four times more likely than men to develop fibromyalgia. It usually occurs in people over age 50.

Fibromyalgia is a debilitating condition which does not permit its sufferers to hold gainful employment. This inability to obtain and keep employment results in the primary wage earners being unable to obtain and keep a job. In some cases families lose their homes when the wage earner is unable to pay the mortgage.

### What the Foundation does?

Fibromyalgia Well Spring Foundation was formed to operate a supportive housing village which will include health, education, food and a recreational facility in support of Fibromyalgia sufferers.

We work to reduce the physical suffering and mental anguish of those people who suffer from Fibromyalgia while increasing through education, the understanding and knowledge of those who do not have this disease.

At present we are also delivering 4 programs:

Fibromyalgia Support Group Program,  
Living with Fibromyalgia Training Program,  
Public Education Program,  
Form Assistance Program.

### How was the Foundation started?

In April 2006 the Founder Cheryl Young, herself a sufferer of Fibromyalgia spoke with a few friends and expressed her concerns with the lack of health care for other sufferers of Fibromyalgia. After discussion it was thought that the best way to help other sufferers was to form a charitable organization to operate a home for sufferers of Fibromyalgia. After more discussion it was thought that a village where sufferers could live and receive treatments would be better.

In June 2006 the Foundation applied for incorporation under the *Society Act* of the Province of British Columbia which was granted 26 July 2006.

At the same time application was made to the *Canada Revenue Agency* for registration as a charitable organization under the *Income Tax Act of Canada*. This was granted effective 1 January 2007<sup>2</sup>.

### For more Information Contact

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Visit our web site at **<http://www.fibromyalgiawellspringfoundation.org/>**

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<sup>1</sup> B.C. Health Guide

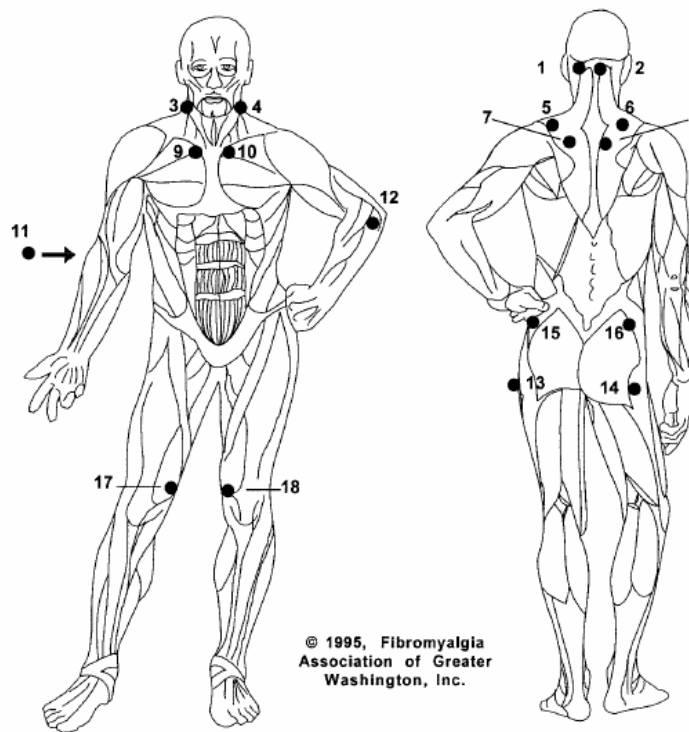
<sup>2</sup> *Charitable Status Registration* found at <http://www.fibromyalgiawellspringfoundation.org/charstat.html> on 17 May 2007

## What is Fibromyalgia?

Fibromyalgia is a condition that causes chronic muscle and soft tissue pain and tenderness on both sides of the body, above and below the waist. Fibromyalgia does not damage the body, destroy the joints, or cause any internal organ problems, but the pain may be severe enough to interfere with work and other activities...People often have trouble sleeping because of the pain. There may also be stiffness, weakness, and fatigue.<sup>3</sup>

In the first part the patient had to show a history of widespread pain. The pain had to be in both the right and the left side of the body. Pain also had to be found above the waist and below the waist. This pain had to be present over a period of 3 months.

In the second part of the diagnosis the patient was tested at 18 Tender Points on the body. The physician performing the test was required to provide digital palpitation of 4 kg. force on each of the Tender Points. The patient had to state that the palpitation was painful at 11 of the 18 Tender Points.



[Top of Page](#)

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<sup>3</sup> B.C. Health Guide

## Taxonomy of Fibromyalgia<sup>4</sup>

What is the TAXONOMY? Musculoskeletal conditions can be;

Localized: in one muscle, tendon, ligament or joint

Regionalized: the muscles, tendons, ligaments in one group or quadrant of the body,

Generalized: the muscles, tendons, ligaments in the whole body.

This chart shows the relationship between the conditions.

Localized	Regionalized	Generalized
Entrapment Syndrome (e. g. Carpel Tunnel Syndrome)	Myofascial pain syndrome (MPS)	Fibromyalgia Syndrome (FMS)
Tenosynovitis (e. g. biceps tendonitis)	Masticatory Myofascial pain syndrome (TMD)	Chronic Fatigue Syndrome (CFS)
Bursitis (e. g. trochanteric bursitis)	Chronic Regional Pain Syndrome (CFPS, RSD)	Polymyalgia rheumatica (PMR)
Enthesopathies (e. g. tennis elbow)	Referred visceral pain (e. g. left shoulder pain due to angina)	Hypermobility syndrome (HMS)

[Top of Page](#)

## How common is Fibromyalgia?

It affects 900,000 (3 in 100) Canadians. Women are at least four times more likely than men to develop fibromyalgia. It usually occurs in people over age 50.

[Top of Page](#)

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<sup>4</sup> *The Fibromyalgia Syndrome: A Clinical Case Definition for Practitioners*, Journal of Musculoskeletal Pain, Table 1, page 6, Volume 11, Number 4, 2003

## What is The Fibromyalgia Well Spring Foundation?

The purposes of the Foundation shall be to:

- provide care for functionally independent persons suffering from fibromyalgia and other related illness and conditions,
- provide therapy and pain management to persons coping with fibromyalgia and other related illness and conditions,
- provide counselling services for persons suffering from fibromyalgia and other related illness and conditions,
- make the public aware of the suffering of persons with fibromyalgia and other related illness and conditions,
- fund research into the alleviation of fibromyalgia and other related illness and conditions,
- educate medical professionals and academia in complementary or alternative treatments of fibromyalgia and other related illness and conditions.

[Top of Page](#)

## What is the Goal of The Foundation?

Fibromyalgia Well Spring Foundation will operate a supportive housing village which will include health, education, food and recreational facilities in support of Fibromyalgia sufferers.

[Top of Page](#)

## What is the Vision of the Foundation?

We will work to reduce the physical suffering and mental anguish of those people who suffer from Fibromyalgia while increasing through education, the understanding and knowledge of those who do not have this disease.

[Top of Page](#)

## How did The Fibromyalgia Well Spring Foundation start?

### The Start of the Foundation

In April 2006 the Founder Cheryl Young, herself a sufferer of Fibromyalgia spoke with a few friends and expressed her concerns with the lack of health care for other sufferers of Fibromyalgia. She wanted to do something but was unsure on how to proceed. After discussion it was thought that the best way to help other sufferers was to form a charitable organization, raise funds and use those funds to build and operate a home for sufferers of Fibromyalgia. After additional discussion with others over several months, it was thought that rather than a single home we should build a wellness center in a village setting where sufferers could live and receive treatments.

In June 2006 the Foundation applied for incorporation under the *Society Act* of the Province of British Columbia which was granted 26 July 2006.

At the same time application was made to the *Canada Revenue Agency* for registration as a charitable organization under the *Income Tax Act of Canada*. This was granted effective 1 January 2007<sup>5</sup>.

[Top of Page](#)

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<sup>5</sup> *Charitable Status Registration* found at <http://www.fibromyaliawellspringfoundation.org/charstat.html> on 17 May 2007

## What services and programs does The Foundation provide?

### Fibromyalgia Support Group

The purpose of these meetings is to:

- share the day to day challenges of sufferers with others in the group,
- provide counselling on how health and circumstances can be improved,
- suggest ways that the challenges identified may be overcome,
- provide positive support, turn negatives into positives,
- identify the types of support each member requires,
- form a telephone contact network, to provide help as needed,
- bring in a guest speaker on occasion,
- create a plan of action to accomplish the goals identified by the support group.



#### FWSF Support Group Description

[Top of Page](#)

### The Living with Fibromyalgia Training Program

The purpose of the Living with Fibromyalgia Training Program is to:

- improve the quality of life of sufferers of Fibromyalgia through an organized program of lectures and demonstrations presented over a period of several weeks.



#### Living with Fibromyalgia Training Description

[Top of Page](#)

## **Public Education Program**

The purpose of the Public Education Program is to make the public aware of:

- Fibromyalgia
- the effects of Fibromyalgia on sufferers,
- the quality of life of sufferers of Fibromyalgia,
- how they can help reduce the suffering of those with the condition,
- the Fibromyalgia Well Spring Foundation,
- programs managed by the Fibromyalgia Well Spring Foundation.



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### **Public Education Program Description**

[Top of Page](#)

## **Application Assistance Program**

The purpose of the Application Assistance Program is to:

- assist sufferers of Fibromyalgia to understand and complete private insurance, Employment Insurance, Canada Pension Plan Disability, and any other forms necessary to improve the quality of life of the sufferer.



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### **Application Assistance Program Description**

[Top of Page](#)

## Why a Village?

Fibromyalgia is a debilitating condition which does not permit its sufferers to hold gainful employment. This inability to obtain and keep employment results in the:

- i. primary wage earners being unable to obtain and keep a job,
- ii. families losing their homes when the wage earner is unable to pay the mortgage,

Fibromyalgia is a debilitating condition which does not permit its sufferers to do simple household functions.. This inability to perform simple tasks around the house results in sufferers;

- i. being unable to perform cleaning tasks,
- ii. being unable to keep their homes clean,
- iii. being unable to prepare meals for themselves,

Fibromyalgia is a debilitating condition which forces the sufferer to constantly move in the search for affordable, suitable housing with appropriate support.

The Fibromyalgia sufferer becomes homeless not because of alcohol or drug related challenges, but because of an inability to find affordable, suitable housing with appropriate support.

Fibromyalgia is a debilitating condition which causes the sufferer to live in constant pain. This constant pain affects the sufferers because:

- i. psychologically they are ashamed of their physical shortcomings,
- ii. psychologically they have a low level of self-esteem, and self-worth – suicidal,
- iii. psychologically they are not physically able to socialize with their friends,
- iv. physically they do not live in a clean environment,

“Fibro – Fog” does not allow sufferers to clearly read, understand and complete forms. What is Fibro Fog?

When fibromyalgia sufferers, forget what they are doing, saying or where they are going we refer to the temporary memory loss as 'Fibro Fog'! It's not really funny when you have Fibro – Fog.

## How you can help? - Buy a Brick

[Top of Page](#)

## How you can help? - Name a Cottage

[Top of Page](#)

## What can a Corporation do to help?



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[Top of Page](#)

## What can an Individual do to help?

[Top of Page](#)