

Cystic Fibrosis

Cystic fibrosis (CF) is an inherited disorder that causes severe damage to the lungs, digestive system and other organs in the body.

Cystic fibrosis affects the cells that produce mucus, sweat and digestive juices. These secreted fluids are normally thin and slippery. But in people with CF, a defective gene causes the secretions to become sticky and thick. Instead of acting as lubricants, the secretions plug up tubes, ducts and passageways, especially in the lungs and pancreas.

Although cystic fibrosis is progressive and requires daily care, people with CF are usually able to attend school and work. They often have a better quality of life than people with CF had in previous decades. Improvements in screening and treatments mean that people with CF now may live into their mid- to late 30s or 40s, and some are living into their 50s.

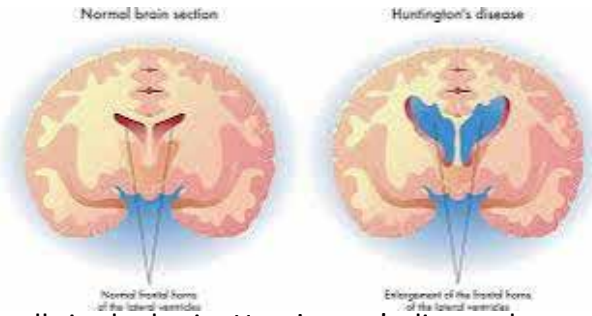
<https://www.mayoclinic.org/diseases-conditions/cystic-fibrosis/symptoms-causes/syc-20353700>

Cystic fibrosis signs and symptoms vary, depending on the severity of the disease. Even in the same person, symptoms may worsen or improve as time passes. Some people may not experience symptoms until their teenage years or adulthood. People who are not diagnosed until adulthood usually have milder disease and are more likely to have atypical symptoms, such as recurring bouts of an inflamed pancreas (pancreatitis), infertility and recurring pneumonia.



Huntington's Disease

Huntington's disease is a rare, inherited disease that causes the progressive breakdown (degeneration) of



nerve cells in the brain. Huntington's disease has a wide impact on a person's functional abilities and usually results in movement, thinking (cognitive) and psychiatric disorders.

Huntington's disease symptoms can develop at any time, but they often first appear when people are in their 30s or 40s. If the condition develops before age 20, it's called juvenile Huntington's disease. When Huntington's develops early, symptoms are somewhat different and the disease may progress faster.

Medications are available to help manage the symptoms of Huntington's disease. But treatments can't prevent the physical, mental and behavioral decline associated with the condition.

What are 4 main symptoms of Huntington's disease? The first symptoms of Huntington's disease often include:

- difficulty concentrating.
- memory lapses.
- depression – including low mood, a lack of interest in things, and feelings of hopelessness.
- stumbling and clumsiness.
- mood swings, such as irritability or aggressive behaviour.

See your health care provider if you notice changes in your movements, emotional state or mental ability. The signs and symptoms of Huntington's disease can be caused by a number of different conditions. Therefore, it's important to get a prompt, thorough diagnosis.

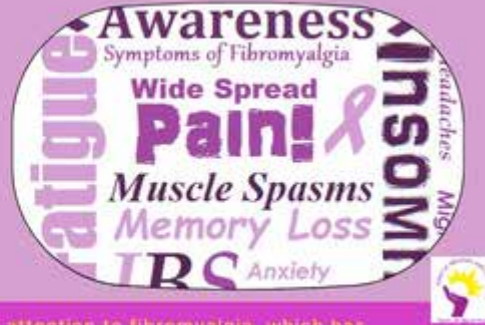
<https://www.mayoclinic.org/diseases-conditions/huntingtons-disease/symptoms-causes/syc-20356117>



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Fibromyalgia is a musculoskeletal disorder that causes chronic pain all over the body.

May 12, 2023



National Fibromyalgia Awareness Day on May 12 calls attention to fibromyalgia, which has plagued many people over the centuries.

mental health. More will be discussed about these potential issues in the following paragraph.

Signs and Symptoms of Fibromyalgia

As previously mentioned, the most commonly reported symptoms

Fibromyalgia

Individuals who suffer from this condition typically have a lot of pain and tenderness throughout the body. In fact, one of the key signatures of fibromyalgia involves widespread pain that can't be explained through any other means. Therefore, a fibromyalgia diagnosis is largely accomplished more through a process of elimination than anything else.

There is no definitive test to determine that someone has this disease, at least not at this time. Typically, a person suffers from pain and tenderness that exists all over their body, especially in their joints. They may feel a lot of stiffness in those joints. This typically causes people to visit their physician in order to find the root cause of the problem. More often than not, once every other possibility has been eliminated, a fibromyalgia diagnosis comes into play.

Therefore, a person who has this condition may suffer from it for years before it's ever diagnosed. This can potentially make the symptoms worse and it might make it harder to get a handle on the disease once a diagnosis has been made.

Is Fibromyalgia Only About Joint Pain?

Unfortunately, as doctors learn more about the disease, they have discovered that there are typically other things involved with a fibromyalgia diagnosis than just joint pain and stiffness. It's also common to see patients who are affected in different ways. They may have specific flare-ups that involve digestive issues or severe headaches. There's also a chance that fibromyalgia could adversely impact a person's emotional and

associated with this condition is widespread pain. This typically involves the joints, as discussed in the above paragraph. However, it can involve pain and tenderness in the muscles throughout the body. In addition to this pain, people who suffer from the condition are likely to experience a great deal of fatigue. They may wake up feeling as if they never went to bed, and in many cases, they feel this same level of fatigue regardless of how much rest they get. They may also exhibit cognitive difficulties such as problems concentrating or focusing on one specific task. In fact, this occurs so much that people have given it the nickname "fibro fog" (Mayo Clinic 2020).

For people who are on the outside looking in, this can make people who have fibromyalgia appear disconnected from the rest of the world. They may seem to be less engaged than others, or they may not seem to care about a task as much as other individuals who are involved. The truth is, they may care just as much, if not more. In reality, it may be the disease-causing the problem. This is one of the battles that so many people who have fibromyalgia have come up against. They don't necessarily appear sick.

Therefore, a lot of people have problems believing that they really are suffering as much as they claim to be suffering. They're often accused of simply being lazy or not caring as much as they should. The cold, hard truth is that they may be pushing themselves beyond their limits to do their very best, and they are just misunderstood. Constantly pushing themselves may only serve to make the symptoms of the disease worse over time.



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It's Election Time... People With Disabilities COUNT!



May 2023 Provincial General Election - May 27, 2023

Be ready for the May 2023 Provincial General Election. Register to vote today.

If your registration is up-to-date, you're ready to vote! If your registration is out-of-date, or if you have recently moved or changed your name, you will need to re-register.

If your ID only lists your mailing address, register to vote with both your physical and mailing address and you can use your ID with your mailing address when you go to vote, saving you the need to dig out other proof of physical address.

If you have not registered before, you can register now. Registration takes less than five minutes to complete. To register online:

- If you received a Register to Vote letter in the mail, use your household PIN number and your house access number to update the information for all electors in your

household.

- If you didn't receive a letter, or just want to complete your own registration information, use your Alberta Driver's Licence or Identification Card number to access your information.

Other registration options:

You may also register by phone. Call us at 1-877-422-8683. Our Provincial Contact Centre is available from 8:15 AM – 8 PM on weekdays and 10 AM to 4 PM on weekends.

You may also register in person at your local returning office between May 2 and 20, or by visiting any of our advance or Election Day voting places.

<https://www.elections.ab.ca/>

HAVE YOU BEEN DENIED AISH

Before you file an Appeal,
 Call VAD for help with the
 denial process!

780-488-9088

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MOVING TO ALBERTA with a disability



ALBERTA HEALTH CARE CARD

Apply for the Alberta Health Care Insurance Plan (AHCIP). You'll have to print the AHCIP Registration form and bring it to a registry agent office. The health card will then be processed within 5 days.

Just like the rest of Canada, healthcare is free in Alberta.



GET ALBERTA ID & A DOCTOR

- Apply for a Driver's License or Alberta ID by contacting your nearest Alberta Registry Office.
- Establish a residence, have proof of Alberta Residence for benefit application forms
- Find a doctor in Alberta: <https://albertafindadoctor.ca/>



DISABILITY BENEFITS ARE NOT TRANSFERABLE

Moving to Alberta means provincial disability benefits DO NOT move with you. It is best if you have copies of your medical history before moving to Alberta to give to your new doctor and to submit to Alberta Works or AISH with your initial application.



AISH BENEFITS

Please be advised that disability benefits from other provinces DO NOT transfer to Alberta and there will be a *few months delay* in services while you apply and get approved for AISH. Although AISH is available to any qualifying individual, it is often difficult to get approved right away. AISH is not a program that is transferable, and does not accept disability transfers from other provinces.

ANNUAL GENERAL MEETING BY ZOOM



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**MAY 27, 2023
2-3 PM**

**REGISTER
TODAY**

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**VOICE OF
ALBERTANS
WITH DISABILITIES**

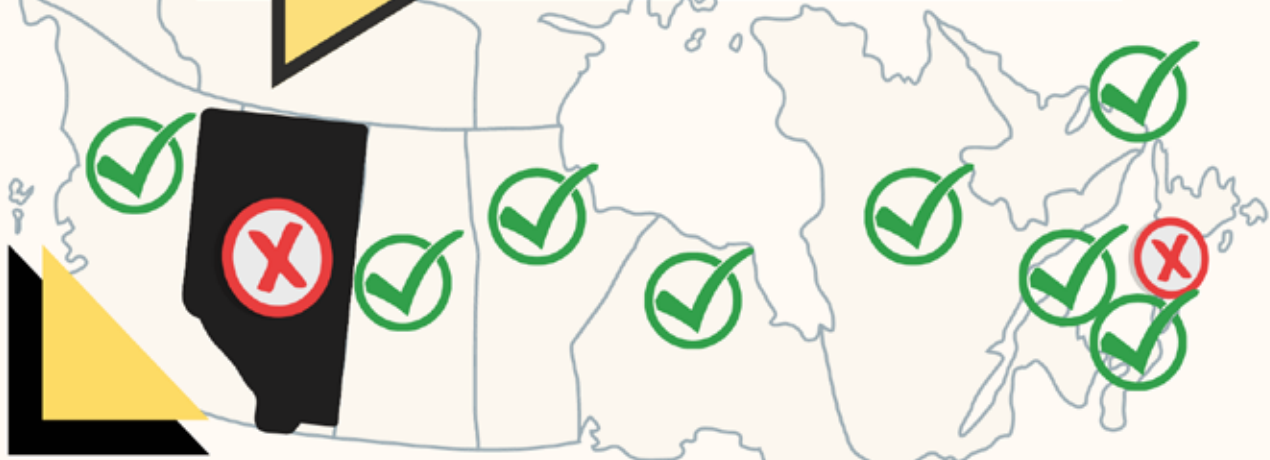
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Barrier-Free AB in 2023!



ONLY 2 PROVINCES LEFT...

Will Alberta be the LAST province to add
Accessibility Legislation?

644,640
people w/ disabilities



who weren't working,
but could in an
inclusive labour market

Benefits of an inclusive
Canada total **337.7 Billion**, or
the equivalent of



**Alberta's
Total GDP**

Real Consumer
spending will grow

3x faster



by Canadians with physical
disabilities compared to
overall consumer spending

#BarrierFreeABin23

#BFABin2023

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ONLY 2 PROVINCES LEFT...

Or will Alberta be the NEXT province to add
Accessibility Legislation?

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- 2 Join as a supporter on **BarrierFreeAB.ca**
- 3 Voice your support when engaging with candidates at the door, events, over email etc.

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