Welcome to the April E-Newsletter!!

Well it is officially spring, though depending on where you live it might not feel quite that way yet... But I hear warmer weather is coming. So in light of the anticipated weather, upcoming spring breaks, and summer vacation we figured we'd share some tips for traveling with your CVS'er.

1. Be prepared. The more you can feel prepared for the travel, the eventuality of an episode and what to do if you have one, the less anxiety you have about it. Anxiety is not our friend. Prepare for what you can. Feel good knowing you are prepared. Lessen your anxiety knowing you’re ready for anything.

2. Have your abortive meds. This should fall under number one, but a reminder never hurts.

3. Motion sickness aids. A good deal of CVS sufferers also struggle with motion sickness. It can be a trigger for some. See if a motion sickness aid would be beneficial.
4. Seabands. You can get these at almost any drug store and they fall under the motion sickness aid, but are also good for Nausea. These can be also be used with the other motions sickness aids when you do theme parks!

5. Temperature control. Some sufferers do not do well in the heat. Use the cooling towels to keep cool when you have to be out in the heat. Others are the opposite. They need heat. So pack a heating pad or one use hot packs for relief.


7. Peppermint. Pack the peppermint. Peppermint gum, peppermint chapstick, chase away the nausea without anyone knowing that you are struggling. Ginger is helpful as well.

8. Vomit bags. Buy the ones on Amazon that absorb the liquid. This makes for discreet disposal later. Some travel with Ziplocs just in case.

9. Be prepared for possible ER or admission. Check for possible hospital affiliations ahead of time and see if you will need to take your medical records or just a letter from your Doctor for treatment options should you require care. Again, helping to put your anxiety and concerns more at easy should something happen.

10. Rest. Fatigue is a common struggle and during travel can be more of a concern than you maybe used to. Plan to take more frequent breaks and rest when you need to.

11. Hydration. People tend to not drink enough when they travel. Makes sure to drink enough or use Water with electrolytes or oral hydration mix ins.

12. Make sure you are keeping an eye on your triggers. We know it's vacation, but food triggers and sleep or chemical triggers can sneak in on you.

For more tips, or discussions about CVS check out the CVSA message boards.
Thank you to all that set up fundraisers on Facebook with Facebook Donations!

**March Fundraisers**
- Alex Jay
- Alicia Heckman
- Alysha Marie
- April Klundt
- Athena Harris
- Brittany Ann Gumlaw
- Bruce Tackett
- Bryant Odom
- Candi Gibson Galligan
- Chelsea Tarrien
- Claire Elizabeth Dotter
- Colleen Rice
- Crystal Lee
- Elizabeth Padilla
- Erica Nicole Selby
- Ericka Hernandez Torres
- Ericka Lenahan
- Jade Traylor
- Jeanne McKay
- Katie Bremer
- Katie Joseph
- Kayla Wilson
- Kelli Rumley
- Kendra Hunter
- Kiana M. Claudio
- Kristina McCurley
- Lithe Gaudreau
- Mary Savage Mistry
- Meghanne Audrey Wemple
*Please note that due to Facebook Privacy settings the CVSA is not always aware of all of the fundraisers that are or have taken place. If you set up a fundraiser please share it with us so that we can Thank You!!

CVSA Members be on the look out for the Spring 2019 Newsletter, they should be arriving in your mailboxes mid to late April.
Here are some of the topics you can look forward to reading:

Miles for Migraines
Adult Treatment Guidelines; 3 Years in the making
Congressional Recognition
Story of Hope
International CVS Awareness Day
CVSA and NASPGHAN partner to create B Li Young Investigator Award
A Message from the CVSA President
New CVSA Board of Directors Member
Rare Disease Week
From the Office
Literature Trends 2018: a year in review
2018 References: CVS, Abdominal Migraine, Cannabinoid Hyperemesis
Ways to Support CVSA

If you are not a member but would like to become one, please click [here](#) to learn more and join.
Join Blynda Killian on the monthly CVSA support call on Monday April 8th.

See below for additional information
Finally a way to meet people without having to leave your home!

This opportunity is offered by Blynda in California and she hopes it will give the callers a consistent place to get support and hope. Please remember that you can call in from anywhere in the World!! Please note the time zone!

Blynda will be holding a meeting every 2nd Monday of the month at 6:00 PM (Pacific Time). This would be 7 PM Mountain Time, 8 PM Central Time and 9 PM Eastern time.

Blynda is a mom of a CVSer and has lots of wisdom and support to offer you.

The meetings usually last about an hour but you are free to hang up when you need to and you are welcome just to listen.

You will dial the call in number which is 1-866-203-9939 (toll free) promptly at the time the call is scheduled. When prompted you will enter the participant code number which is 62519

You will be asked to state your name and then you will be joined into the call.

Blynda will greet you and when all callers are on the meeting will start.

If you have any questions, you can email me, Debbie, at the CVSA Office at cvsa@cvsaonline.org. Or call me at 414-342-7880.

I hope you will take advantage of these calls!!