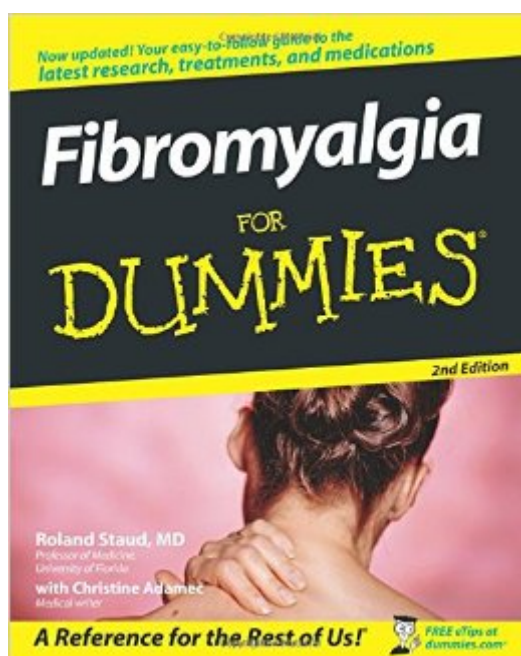


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Fibromyalgia For Dummies



Synopsis

The pain you suffer from fibromyalgia syndrome (FMS) is not in your imagination. FMS is a real medical problem that can be as debilitating and demoralizing as it is mysterious. *Fibromyalgia For Dummies, Second Edition*, brings you the latest scientific findings on the symptoms and causes of this disease and guides you toward proven, practical steps you can take reduce or eliminate FMS-related pain. This plain-English guide is fully updated with the latest fibromyalgia treatment options, and evaluations of new medications that have shown great promise in reducing pain. You'll discover how to spot an array of symptoms and their possible causes, work with your physician to develop a treatment plan, and manage your pain at home and in the office. You'll learn how to:

- Identify your FMS trigger points
- Cope with chronic pain and sleep problems
- Find medications that work for you
- Locate a physician who can really help you
- Make healing lifestyle changes
- Use hands-on therapies to alleviate pain
- Find effective over-the-counter and prescription medications
- Choose among alternative therapies and treatments
- Reduce the emotional distress caused by FMS
- Help a child with FMS

Featuring moving and inspiring stories from fellow FMS sufferers who share their stories and offer invaluable tips on working your way back to wellness, *Fibromyalgia for Dummies, Second Edition* offers serious and sensitive guidance to help you overcome FMS and start being yourself again.

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Customer Reviews

When I came down with fibromyalgia, I didn't know what had hit me. My family members were

equally scared, if not more. Getting answers was half the battle. Anxiety heightens fibro symptoms, and the immediate answers presented in this book reduced a considerable amount of aimless worrying. The information in this resource helped explain the signals that my body was giving off, and make sense of the condition. They also give practical solutions. Their rehabilitation strategies draw from many branches of medicine, including complementary and alternative ones. This book is well written. It is palatable, valuable and comforting to those who confront this condition. Incidentally, you can also bring it into your doctor's office, s/he might find their drug combination suggestions as valuable as you do.

If you have been newly diagnosed with fibromyalgia, this is one of the first books you should read. This book is very informative and I use it in my lending library at my office along with a few others. Fibromyalgia is REAL!!! Patients are not "faking it to get attention" or "imaging their pain". If some doctors would simply check the FMS patient's neurological signs they (the doctors) would find out that a patient cannot "fake" these important neurological findings!! This is a great book. Dr. Michael L. Johnson, author of "What Do You Do When the Medications Don't Work--A Non-Drug Treatment of Dizziness, Migraine Headaches, Fibromyalgia, and Other Chronic Conditions".

Fibromyalgia for Dummies has great info on what causes fibromyalgia, what it really feels like (with many anecdotes from people with fibromyalgia) and what you can DO about it, including medications, lifestyle changes, and much more. And if your doctor thinks fibromyalgia is a pretend problem (as some still do), the book tells you how to find a new doctor who understands and will help you. Written in the easy-to-understand style of the Dummies, the authors explain fibromyalgia in a caring and helpful way, with a thorough and illustrated discussion of key diagnostic terms, such as the tender points of fibromyalgia. If you have fibromyalgia or think that you may have it, you need Fibromyalgia for Dummies.

A member of my family was diagnosed with Fibromyalgia and this book answered the vast percentage of questions we had about it. It is very easy to read and identifies the symptoms and side effects of the condition. Well worth reading for anyone who needs information quick, clear, and concise.

This book was a helpful guide for my family and I. It gives solid scientific information and states findings in an easy to read and entertaining way. I would recommend this to all fibro patients and

their families, especially as the first book to conquer on the subject. There are chapters specifically written for those who are not suffering directly from fibro but are dealing with loved ones who are. Over all a friendly and unique approach to a difficult health condition!

I bought this book because I have suffered with Fibromyalgia for 7 years. I believe if we get all the education we possibly can, this enables us to be more active in our health management. I believe this book is a good way to start the learning process. There is a lot to learn, this book is just the beginning. It explains it in easy terms. It would help a newly diagnosed person to understand better what they are up against, or it could be used to help explain to your family.

Quick read. Thorough coverage of a range of relevant topics in an easy to understand format. No medicine-speak here. Provides validation and information; makes it easier to have an intelligent conversation about this condition; helpful tool when dealing with medical professionals. After researching this confusing condition for over a decade, I can honestly say this is the quintessential guide; a must-read for anyone who needs to get up to speed fast. Fibromyalgia for Dummies helpfully identifies areas that may be of further interest to the reader. This is key because each case of fibromyalgia presents differently.

By far the least informative book I've read on Fibromyalgia. It's far too simplified and woefully incomplete. For instance, the most definitive diagnostic tool for Fibromyalgia, the 18 pressure points, is barely mentioned. Called "tender points" in this book, the location and description of these points, how this test is correctly administered, and the importance of the test are missing. Without them, you do not have Fibromyalgia. Also, I realize this book is "for Dummies", but give me a break, no one is this simple. More substance and a lot less fluff are needed. Even the writing is mediocre at best. Instead, I strongly suggest you read "Inside Fibromyalgia" by Mark J. Pellegrino, MD (who has the condition himself.) This is my number one reference, easy enough to understand, but solid medically with accurate and sensible diagnostic and treatment help. Also, "Living Well with Chronic Fatigue Syndrome and Fibromyalgia" by Mary J. Shomon (a patient herself) is much better researched and better written than "Dummies." This is a serious subject and even a "Dummies" book should be more comprehensive than this!

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