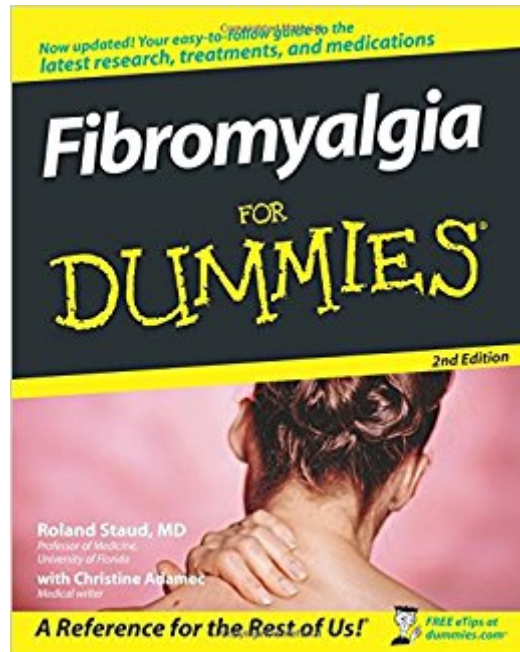




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# Fibromyalgia For Dummies



## 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.

## Book Information

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## Customer Reviews

"A wonderful reference tool about fibromyalgia and how to help yourself." -- FM Aware Magazine,

February 2003 Both newly diagnosed and long-time sufferers will enjoy reading [this] thorough guide to easing the pain. -- Fibromyalgia Frontiers, Volume 10, number 4, 2002 --This text refers to an out of print or unavailable edition of this title.

FMS sufferers share their stories and tips The fun and easy way® to stop hurting and start healing Are you fed up with fibromyalgia syndrome (FMS)? Want to find relief? This plain-English guide outlines the latest treatments and highlights new research. You'll see how to spot the various symptoms and their possible causes, work with your physician to develop a plan of care, and manage your pain at home or the office. Identify your trigger points Cope with chronic pain and sleep problems Evaluate the new medications Make healing lifestyle changes Help a child with FMS

Another book on how to help myself and heal better. Fibro is full of different symptoms. You think you know all of them, and then it turns out there are many more symptoms to deal with. How to deal with them is my power tool. I am reading the books on fibro and Sjogrin's syndrome in order to not let them get me down, but to lift me up and take power over my diseases. I've got to stay on top, read every question and every answer I can to decide what to do next. Of course, along with my doctor's, I ask the pertinent questions in order to get to the bottom of my illnesses. The meds, the exercise, the foods I should eat. For example, I didn't know the white bread wasn't good for me, the whole wheat is better. I need to stay away from the white bread. I am so VERY tired most of the time. How can I get around being so very tired all the time? I read, then I let it absorb into my brain in order to remember it a little more. For those of you who know, the 'fibro fog' is the bad fog, because it makes you forget things. Little things that you've just said to yourself you'd remember them 5 seconds ago. There are ways to remember some of these things. A really good book!

My boyfriend has Fibromyalgia. I have done alot of research online, but this book provided so much more. It had so many more possibilities that I hadn't yet thought of to look up. As I'm sure you're aware, if you can get rid of just one symptom of the disability, then maybe it can help your loved one live a bit of a more happy life. It gave us alot of information that we looked into and I feel that we have helped ease some of his pain, even just a tiny bit. Also, since most of our families don't understand fully what fibromyalgia is, it was helpful to have them read the book so that the little things that we all do out of love, but that really stress out the fibromyalgia sufferer, aren't done as often.

I have been in pain for the past three years and I have seen so many different kinds of doctors to the point where I thought and felt like I was going off the deep end. I had doctors tell me well you are getting older 53 older yes, dead no. If you are so tired that you can't even explain how tired you are. If you have joint pain, wrists, elbows, knees, ankles, neck, back etc.. I would recommend you read this book so you know that there is still hope, but it's going to have to come from within. I know that sounds hard because you don't feel like doing anything and I mean anything. I have not done anything yet either but I have read the book and I am going to start little by little and one day I will feel like doing more. Never tell yourself I don't want to Say I want too and I am going to.

A recent diagnosis of Fibromyalgia lead me to purchase this book. After several years of being treated for an different medical condition that I did not have, I was relieved to have a diagnosis, but even more releaved to find that there were several books on the subject. This book is easy to read, and covers a wide variety of theories as to cause, effect and treatment. I am pleased to say that after following some of the advice contained in the book I have improved rapidly. Four weeks ago I was walking with a walking stick for short distances and confined to a wheelchair for distances that most people would consider normal (such as going to the supermarket). In conjunction with medical treatment from a new specialist, I have improved so much that I am walking unaided, no longer taking pain medication, and facing a much more wonderful existence. People who have been in my life over the past 3 years are amazed at the rapid recovery. This book was an essential building block to understanding my condition, and finding effective management of it. I highly recommend it.

Very pleased like all the for dummies books

This book is written in an easy-to-read manner . It offers many ideas and solutions and covers the topic well . It is a good read for anyone diagnosed with fibromyalgia or wanting to better understand fibromyalgia .

I chose this rating because it gave me great insight to why my husband feels the way he does and how to deal with it. It also has many examples of people who have same symptoms and how they felt . I was amazed to read about the fibro fog we never realized this was associated with the fibromyalgia and thought we were dealing with separate issues. I thank God a friend of my daughters told us about this book.

Info is great

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