



# Fibromyalgia For Dummies

*Roland Staud, Christine Adamec*

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## **Fibromyalgia For Dummies** Roland Staud, Christine Adamec

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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