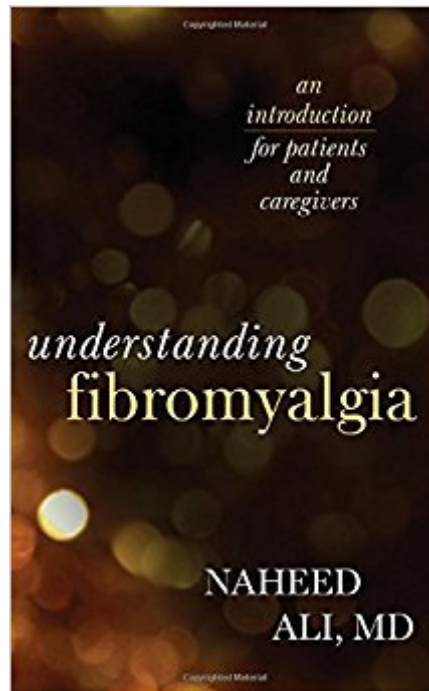


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# Understanding Fibromyalgia: An Introduction For Patients And Caregivers



## Synopsis

Fibromyalgia is a chronic disorder associated with overall body pain and discomfort. Although the condition is not a variety of other neurological disorders or even arthritis, it possesses some of the same symptoms. There are an estimated 10 million Americans suffering with fibromyalgia, and estimates suggest that three to six percent of the world's population have symptoms of fibromyalgia. The medical costs of treatment coupled with lost productivity have been estimated in the billions of dollars. The good news is that fibromyalgia is not progressive and is not fatal. Many sufferers report that the symptoms can improve with treatment and time. This accessible introduction to the disorder helps educate both sufferers and caregivers alike to the symptoms, potential causes, treatments, and outcomes of fibromyalgia. Addressing both traditional and alternative approaches, Naheed Ali offers hope and guidance for those seeking both understanding and possible paths to recovery. He focuses not just on the science and medicine behind fibromyalgia, but also on living well with it after diagnosis. Offering tips for lifestyle modifications as well as advice for caregivers, family, and friends, he ultimately provides a responsive and hopeful guide to this often misunderstood condition.

## Book Information

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## Customer Reviews

Description: This book is written by a doctor in the states for patients and carers understand a difficult and complex condition fibromyalgia. The book is easy to read and tells the reader at the preface what fibromyalgia actually is so the lay person understands straight way and then can read

through the book gaining understanding of the history through to treatments and coping strategies. Highlights: Although this is written for the patient and carer this book is relevant to all clinical staff looking after the patient and carers. The author makes no apologies for using medical terms in this book so for the patient there is an excellent glossary which is easy to read. For the clinical teams it is relevant in the terminology and excellent up to date referencing at the back with useful further reading for all readers. The astounding fact that 10 million Americans suffer from the condition (no indication of UK or worldwide – if the data is available) highlights the need for a user friendly well researched guide for patients and carers. Strengths and weaknesses: Quite often in text book medications are related to only pharmaceutical giving the patient no choice but the author explores both pharmacological and non-pharmacological treatments which the patient and clinical teams will find useful in relation to treatment pathways. The book explores pain management in which pain specialists will also find useful in treating their patients. The author takes a very complex condition (as he has done in previous of his books) and makes sense and give the patient expert guidance and understanding. The author has a great gift in being able to impart his knowledge in a way lay persons can gain greater understanding.

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