

Fibromyalgia, the 'invisible disease', is a challenging diagnosis altering quality of life, affecting both patient and family members and often frustrating the Professional. Learn to recognize symptoms quickly and offer recommendations for diverse and effective natural treatments and Self-Care options for a range of stubborn FMS symptoms. Give hope to your FMS patients!

FIBROMYALGIA (FMS) ...THE 'INVISIBLE' DISEASE AND EFFECTIVE NATURAL THERAPIES

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What is Fibromyalgia (FMS)?

History of Diagnosis thru the ages

How is Florence Nightingale involved?

Various other labels may be used

FMS statistics

How we describe FMS today

The impact of delayed Diagnosis

Average length of time from onset to diagnosis

What happens during this time

Diagnostic Tests for FMS

FMS as diagnosis with other conditions

Symptoms of FMS

Diagnostic criteria

Primary and general symptoms

Pain

Fatigue

Sleep disturbance

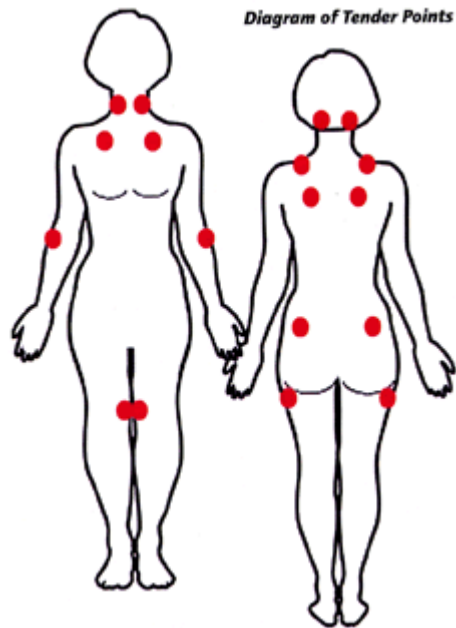
Secondary or subtle symptoms

Factors that worsen symptoms

What causes FMS

Assessing patient for diagnosis

Tender points (Hands on / experiential)



Treating FMS patients

Pharmacological Interventions

Pain

Sleep

Psychological

Other symptoms

Additional Medical Interventions for symptom relief

NON-Pharmacological Interventions

Benefits of self care

Pain

Sleep

Psychological

Nutritional

Movement

Additional Non-Invasive interventions for symptom relief

Self-care techniques (heat / cold) to relieve symptoms (demonstrations, experiential)

How can we best treat FMS patients?

Develop an integrated treatment plan for FMS patient

Education

Long-term solutions

Prognosis for FMS patients

Resources:

www.FMAware.org

www.fibrocoalition.org

www.afsafund.org/resource.htm

www.ncbi.nlm.nih.gov/pubmed/15361321

www.LifeBeyondPain.com

www.fmah.org

Blatman, Hal, "Pain Relief", Cincinnati, OH, 2002-2006

Wood, Patrick, Holman, Andrew, Matallana, Lynne: [Fibromyalgia: Show Me Where It Hurts](#) or

Fibromyalgia Aware Magazine