

Preface

Fibromyalgia affects about 2–3% of adults worldwide, with women affected three to six times as often as men. While fibromyalgia is a chronic pain disorder, patients with fibromyalgia typically present with a complicated constellation of painful and non-painful complaints, including disabling fatigue, sleep disturbance, and neuropsychological symptoms. Anxiety, mental distress, and cognitive dysfunction are reported by nearly two in every three fibromyalgia patients. One in three fibromyalgia sufferers reports current depression, with a history of depression in over half. Headaches are also common. Evaluating fibromyalgia patients requires an understanding of the complex nature of this condition and the myriad of likely fibromyalgia-related complaints.

Fibromyalgia is often poorly understood and unrecognized. Failure to identify and treat fibromyalgia patients effectively can lead patients to feel misunderstood, confused, and frustrated that their symptoms are not believed by their healthcare providers, and discouraged about leading a full and rewarding life. Fibromyalgia typically affects adults during what should be fulfilling and productive years, when they are caring for families, developing careers, and making a strong impact on their communities. The good news for our patients is that fibromyalgia is straightforward to diagnose, with symptoms effectively reduced using a wide range of proven medication, non-medication, and non-traditional treatments.

When I told a friend who is also a fibromyalgia patient about this new book, she responded, *When I was diagnosed with fibromyalgia almost 10 years ago, there wasn't as much information as there has been in the last few years. I'm glad to see that the medical community is finally recognizing this condition and treating fibromyalgia more seriously and with more compassion.*

Fibromyalgia: A Practical Clinical Guide consolidates years of experience in identifying and treating fibromyalgia from pain management and rheumatology perspectives. The authors' wealth of clinical practice and research has been combined to provide easy-to-understand and practical tips for clinicians caring for

fibromyalgia patients. Case presentations and quotations from active fibromyalgia patients help highlight complaints and concerns commonly experienced by fibromyalgia sufferers. Dr. Dawn A. Marcus is a neurologist, pain management specialist, and professor at the University of Pittsburgh, with expertise treating and researching fibromyalgia. She is an active writer and lecturer on topics related to chronic pain and fibromyalgia and has authored several practical books for both healthcare providers and lay audiences. Dr. Atul Deodhar is a rheumatologist, associate professor of medicine at the Oregon Health and Science University, and director of Rheumatology Clinics at Oregon Health and Science University. Drs. Marcus and Deodhar previously collaborated to produce *Chronic Pain: An Atlas of Investigation and Management*.

Fibromyalgia: A Practical Clinical Guide is designed to cut through the hype about fibromyalgia and provide clinicians with up-to-date information about fibromyalgia pathogenesis and clinical evaluation, as well as evidence-based guidelines for effective treatment. This book includes fully referenced, cutting-edge information on this fast-growing field and provides practical pointers for effectively managing fibromyalgia patients. Treatment recommendations focus on targeting symptoms most likely to respond to therapy and prescribing medication, non-medication, and alternative/complementary treatments that have been proven to reduce fibromyalgia symptoms. Boxes, tables, and figures are used widely throughout the text to provide quick reference for the busy clinician seeking information. Clinically proven tools to help evaluate and treat fibromyalgia patients include handouts for recording and monitoring fibromyalgia symptoms and severity, exercise instructions, and self-help guides for psychological pain management techniques. Additional materials may be accessed through Dr. Marcus' Web site www.dawnmarcusmd.com. Both authors are eager to receive comments and suggestions for additions and improvements to the book through a link available at this Web site.

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Fibromyalgia

A Practical Clinical Guide

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2011, XII, 200 p. 65 illus., Softcover

ISBN: 978-1-4419-1608-2