

Preface

Fibromyalgia is a prevalent disease state, necessitating priority in both primary care and pain management practices. Since Fibromyalgia can be associated with rheumatological disease, patients have historically been referred to rheumatologists. In addition, the American College of Rheumatology were the first to publish diagnostic criteria and recently published extensively revised criteria. However, the vast majority of fibromyalgia patients have no underlying rheumatological disease; therefore, fewer are being referred to rheumatologists and more are being diagnosed by their primary care physicians. The current and future leaders in the management of fibromyalgia are primary care and pain medicine physicians/providers. In this text, we created a unique collaborative effort by pain medicine fellows who were mentored by prominent pain medicine faculty at separate institutions to provide the following chapters. The authors have researched the complexity of this disease and have provided evidence-based guidelines and treatments for patients with fibromyalgia. Here you will find the most up-to-date review of the literature on the etiology, diagnosis, and treatment for fibromyalgia. This includes recent research showing possible genetic components, acupuncture as an adjuvant therapy, which lifestyle modifications help the most, and what to avoid, such as benzodiazepines.

For centuries, this disease state has been described with minimal treatment modalities. Only in recent decades has extensive research been performed to validate and treat this disease. There are now three FDA-approved drugs to treat fibromyalgia (surpassed only by postherpetic neuralgia which has four). We now have the tools to provide patients with fibromyalgia a better quality of life and a better prognosis. This text is unique as it focuses on the current literature and evidence-based data to guide practitioners in the management of fibromyalgia. We also discuss emerging developments and research to come. We hope you find this text useful in the management of fibromyalgia, as a patient and/or a healthcare provider.

We would like to thank all the authors who contributed to this text. This text would not be possible without their thorough approach and thoughtful perspective.

We also want to thank Jennifer Schneider, developmental editor for Springer for her support along the way. Finally, we thank the patients who inspired this book.

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Fibromyalgia

Clinical Guidelines and Treatments

Lawson, MD, E.; Wallace, M. (Eds.)

2015, X, 193 p. 6 illus., 5 illus. in color., Softcover

ISBN: 978-3-319-15819-8