

# *Fibromyalgia*

## PROGRAM

Great Lakes Pain Consultants is proud to be the first in the Great Lakes Bay Region to introduce a Fibromyalgia Clinic. Fibromyalgia is a chronic pain illness which is characterized by widespread musculoskeletal aches, pain and stiffness, soft tissue tenderness, general fatigue and sleep disturbances. The most common sites of pain include the neck, back, shoulders, pelvic girdle and hands, but any body part can be involved. Fibromyalgia patients experience a range of symptoms of varying intensities that wax and wane over time. The American College of Rheumatologists defines fibromyalgia as the presence of body or joint pain above and below the waist, and on both sides of the body. Pain is most often in the neck or low back, with 11 out of 18 possible tender points. Patients most often have associated irritable bowel syndrome, migraine headaches, immune system or endocrine system disorders. Over 6 million Americans, 90% of them women in the prime of their life, suffer from fibromyalgia syndrome. Symptoms usually appear between 20-55 years of age, but children are also diagnosed with fibromyalgia syndrome. If fibromyalgia is left untreated it can ultimately lead to increased chronic pain, isolation and depression.

Great Lakes Pain Consultants is offering a multidisciplinary treatment approach for patients who suffer with fibromyalgia. The health care providers

at Great Lakes Pain have reviewed the latest literature in order to provide the highest quality and most comprehensive program for our patients. The goal of this program is not to provide a cure for fibromyalgia, but to improve quality of life by implementing lifestyle changes, nutritional therapy, aqua and physical therapy, biofeedback, behavior medicine, and support groups.

We will be offering a preliminary assessment for individuals to determine whether they qualify for enrollment in this treatment program. The program is scheduled to last approximately three months in duration, and will also include long-term follow-up options. If you believe that you may be a candidate for this study you are encouraged to contact our office to set up your personal assessment. Please provide us with past medical records including laboratory evaluation, imaging studies, and complete medication history during the initial assessment process. Great Lakes Pain is dedicated to improving the quality of life for all fibromyalgia patients.

