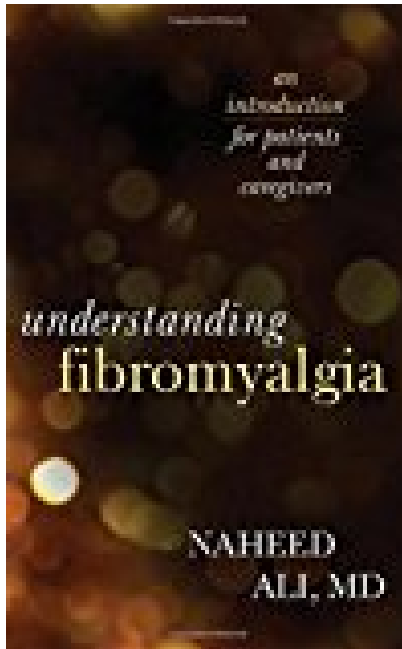


# Understanding Fibromyalgia An Introduction for Patients and Caregivers

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## BOOK DETAILS

- Author : Naheed Ali
- Pages : 238 Pages
- Publisher : Rowman & Littlefield Publishers
- Language : English
- ISBN : 1442226595

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## **BOOK 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.

### **UNDERSTANDING FIBROMYALGIA AN INTRODUCTION FOR PATIENTS**

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