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Nota di contenuto	Fibromyalgia For Dummies, 2nd Edition; About the Authors; Dedication; Authors' Acknowledgments; Contents at a Glance; Table of Contents; Introduction; About This Book; Conventions Used in This Book; What You're Not to Read; Foolish Assumptions; How This Book Is Organized; Icons Used in This Book; Where to Go from Here; Part I: The What, When, and Why of Fibromyalgia; Chapter 1: Yes, Fibromyalgia Is Real; Dumping Your Doubts about Whether FMS Is Real; Examining the Symptoms, Causes, and Pain Problems Associated with Fibromyalgia; Considering Who Gets Fibromyalgia Looking at Related Medical ProblemsDo You Have Fibromyalgia? A Self-Test; Finding a Doctor Who's a "True Believer" in Fibromyalgia; Treating the Problem; Making Lifestyle Changes: Pulling Yourself into a Non-Fibro World; Coping with Fibromyalgia at Home and on the Job; Chapter 2: Recognizing Key Symptoms of Fibromyalgia; Describing Where It Hurts: Almost Everywhere!; Being Terribly Fatigued; Facing Fibro Fog: Mental Malaise; Weathering Your Reactions to Weather; Dealing with Common Sleep Disorders; Experiencing Related Medical Problems; Chapter 3: Understanding Possible Causes of Fibromyalgia Down But Not Out: Physical TraumaCatching Fibromyalgia; Regarding

Gulf War Syndrome; Studying Chemical Imbalances; Examining Environmental Causes; Exploring Other Theories; Looking to the Future; Chapter 4: Understanding Fibromyalgia Pain; Grasping Pain and Why People Have to Have It; Regarding the Different Kind of Pain That's Fibromyalgia; Working with Your Doctor to Manage Fibromyalgia Pain; Part II: Finding Out Whether You Have Fibromyalgia; Chapter 5: Who Gets Picked to Have Fibromyalgia?; Looking at the Numbers: Who Has Fibromyalgia?

Wondering Why Women Suffer More than Men from

Fibromyalgia Considering How Fibromyalgia Relates to Women's Ages; Fibromyalgia and Men: It Isn't Just a Woman Thing; Chapter 6:

Identifying Diseases Often Confused with Fibromyalgia; Understanding the Uncertainty; Chronic Fatigue Syndrome; Myofascial Pain Syndrome; Arthritis; Thyroid Disease; The Other Suspects; Chapter 7: Working with a Good Fibromyalgia Doc: You Need a True Believer; Working with Your Primary-Care Doctor; Looking Elsewhere for a Doctor: How to Know if It's Time; Considering Types of Specialists

Finding a Good Specialist or a New Primary-Care Doctor Interviewing Your Physician Candidate: What's Up, Doc?; Chapter 8: Getting Physical:

Your Initial Exam and Diagnosis; Diving into Your Medical History: What the Doctor Should Ask You; Volunteering Info if the Doc Doesn't Ask You about It; Getting All Your Questions Out in the Open; Identifying the Tender Points of Fibromyalgia; Test-ifying about FMS; Part III:

Looking At All Your Treatment Options; Chapter 9: Medicating the Problem: Over-the-Counter Drugs May Help; Considering Guaifenesin; Relieving Pain with Painkillers

Warming Up to Cold Remedies for Fibromyalgia

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## Sommario/riassunto

The pain you suffer from fibromyalgia syndrome (FMS) is not in your imagination. FMS is a real medical problem that can be as debilitating and demoralizing as it is mysterious. *Fibromyalgia For Dummies, Second Edition*, brings you the latest scientific findings on the symptoms and causes of this disease and guides you toward proven, practical steps you can take reduce or eliminate FMS-related pain. This plain-English guide is fully updated with the latest fibromyalgia treatment options, and evaluations of new medications that have shown great promise in reducing pain. You'll discover h

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