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Autore	Staud Roland
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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

FibromyalgiaConsidering 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 DoctorInterviewing

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

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
