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Titolo	Understanding fibromyalgia : an introduction for patients and caregivers // Naheed Ali
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ISBN	1-4422-2660-9
Descrizione fisica	1 online resource (239 p.)
Disciplina	616.7/42
Soggetti	Fibromyalgia
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	History of fibromyalgia -- Links to chronic fatigue syndrome -- How body systems are affected -- Brain fog : myth or reality -- Causes of fibromyalgia? -- Outpatient vs. inpatient -- Roles of family physicians, internists and neurologists -- Prevention is the key -- Alternative therapies -- Conventional treatments for fibromyalgia -- Fibromyalgia and diet -- Importance of exercise -- Lending a helping hand -- Approaching the mental aspects -- Parenting with fibromyalgia -- Occupational constraints.
Sommario/riassunto	Fibromyalgia is often misunderstood, and finding good information about it can be difficult. This introduction provides background, causes and symptoms, treatments and lifestyle adjustments that can help sufferers live better with fibromyalgia, while helping caregivers and others achieve a better understanding of the needs of their loved ones.