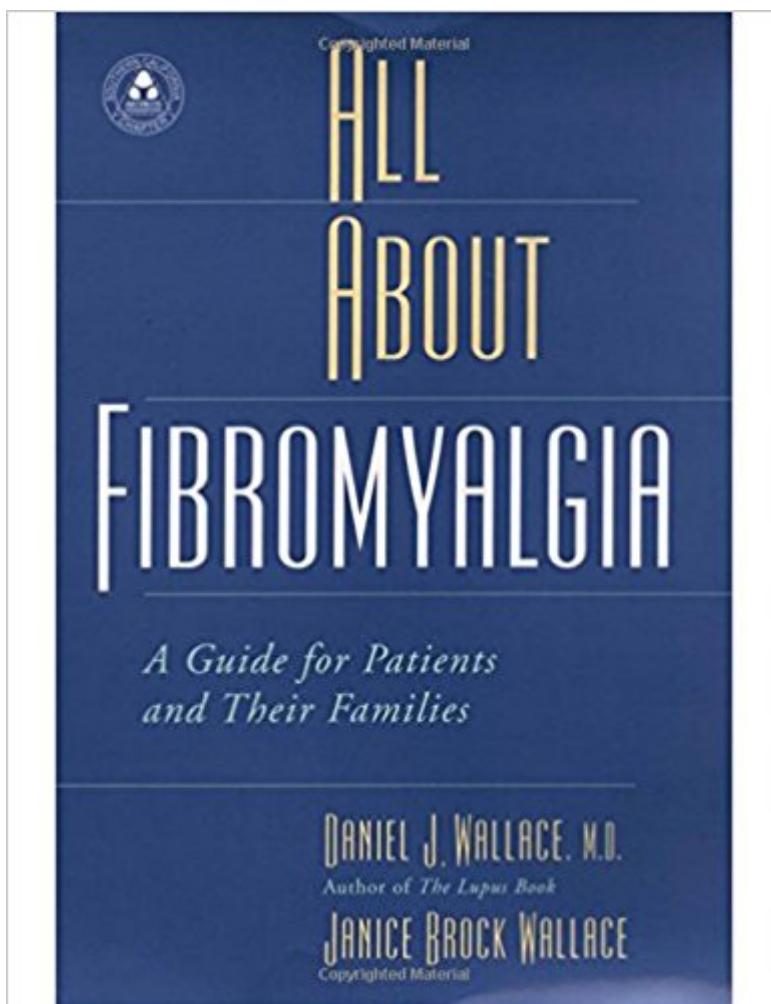


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# All About Fibromyalgia: A Guide For Patients And Their Families



## Synopsis

This year, six million Americans--most of them women--will go to their doctors, complaining of an illness they have no name for. The majority will be turned away or treated for depression; the few who persist will go to an average of four doctors before they receive the correct diagnosis: fibromyalgia. In their earlier *Making Sense of Fibromyalgia*, noted medical writer Janice Wallace and Dr. Daniel Wallace, a leading expert on this disorder, provided a comprehensive guide--for both patients and professionals--to this little known and poorly understood syndrome. Now, in *All About Fibromyalgia*, the Wallaces provide a thoroughly revised and updated version of that highly successful volume, incorporating a wealth of new information. This edition provides the current understanding of the disease as well as the latest drug treatments--all laid out in clear and accessible language. As in the previous volume, the authors provide a detailed, yet clear explanation of the disease. Fibromyalgia, they explain, is a form of chronic neuromuscular pain, a pain-amplification syndrome brought on by abnormal interactions between hormones, the immune system, neurotransmitters, and the autonomic nervous system. Sometimes the syndrome occurs spontaneously; in most cases, the authors write, it is associated with trauma, stress, such conditions as lupus and hypothyroidism, and over forty microbes, from hepatitis to Epstein-Barr to Lyme disease. Drawing on actual cases to illustrate their points, the authors help break through the isolation that patients often feel when doctors misdiagnose or simply ignore their symptoms. *All About Fibromyalgia* addresses a desperate need for information on this disease and offers reassurance to patients and their families.

## Book Information

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## Customer Reviews

Fibromyalgia, a syndrome rather than a disease, is more widely accepted by the medical profession now than it was a decade ago. This informative, accessible manual begins with the syndrome's history and proceeds to who generally gets fibromyalgia (more women than men) and why. The Wallaces describe the often localized or regional pains and discomforts associated with the syndrome, show how they affect different parts and systems of the body, and explore the relationships between the syndrome and stress, sleep, hormones, and the immune system. Many conditions can be related to fibromyalgia, and a physician must consider such possibilities in making a differential diagnosis and in preparing a program of treatment. The Wallaces also discuss various therapies and methods for coping with the condition. They give both patients and health professionals a fuller understanding of fibromyalgia and suggestions for working together in successfully combating it. William BeattyCopyright © American Library Association. All rights reserved

Daniel Wallace, M.D., is an attending physician who has served as Clinical Chief of Rheumatology at Cedars Sinai Medical Center in Los Angeles. He is a Clinical Professor of Medicine at the University of California Los Angeles, and has treated hundreds of victims of fibromyalgia. He is the author of *The Lupus Book* and co-author of *All About Osteoarthritis*, both by Oxford. Janice Wallace is a freelance medical writer. They live in Los Angeles.

Great book for patients friends and family, although I would suggest buying the second edition of "making sense of fibromyalgia" written in 2014 instead as it is more updated yet has very similar information and even some identical pictures and facts word for word. Both books are good though. I would not suggest this for a researcher or someone with a well established knowledge base on the disorder. Another text that may be a good follow up or more detailed reading would be "Fibromyalgia & other central pain syndromes" by Wallace and Clauw.

This is an excellent, in depth book on all aspects of fibro. It is a 2002 edition, and new stuff is being researched all the time, even so is a great reference, and answers many questions. If you have fibro. you need this book!

I am a retired RN (retired do to the disease.) I was diagnoses with FM in 2000. Since then I have researched this disease until my fingers can no longer type. This book is easy to read and very informative...and I have read and seen many books on the subject of FM. My Rhuematologist suggested I read it, and I am glad I did because it talks about how the diagnosis was formulated and it's not a new disease, because it's been called many names. It also talks about every kind of treatment used and makes it so I can choose which is best for me.

Must read for all Fibromyalgia/Myofascial Pain disorder sufferers.

Very good resource on Fibro

Wonderful wealth of information for sufferers and family alike. Delves into different subjects with both detailed and up to date information. Most beneficial for family members of the suffer or sufferers.

My doctor recommended this book. I have had Fibromyalgia for 25 years. I wish someone had told me about it earlier. Fast accurate service.

Now that I've finally been diagnosed with fibromyalgia after 15 years of hunting for answers, this is the best book I've found so far. It is fairly technical and not a light read. However, it provides the best understanding of what is happening at the biochemical level of the body. Finally, someone can really explain why fibromyalgia patients suffer from the panoply of symptoms that make up the syndrome. He connects the seemingly disconnected dots of fibromyalgia.

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