



Understanding And Conquering Fibromyalgia

J. G. Schnellmann

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Fibromyalgia is a real, persistent, painful condition felt throughout the body. Approximately 3% of the US population is thought to be afflicted with fibromyalgia. This authoritative, comprehensive book describes the most current, state-of-the-science information on fibromyalgia and the only three currently approved medications for the treatment of fibromyalgia symptoms. Off-label drugs used in fibromyalgia are described, along with non-drug therapies. Advice about supporting loved ones with fibromyalgia and a unique discussion of fibromyalgia in children are also presented. Finally, the author thoughtfully shares her struggles with fibromyalgia, including humorous stories and novel approaches for managing this disorder.

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