



Fibromyalgia for Dummies

Roland Staud , Christine A. Adamec

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Remember the body aches you experienced the last time you had a bad flu? Now multiply that pain times ten and you have some idea of what everyday life can be like for fibromyalgia sufferers. A chronic medical condition characterized mainly by pain in the muscles and tendons throughout the entire body, fibromyalgia is known to afflict more than 6 million people in the United States and millions more around the world. Yet, many people, including some doctors, think that "fibromyalgia" is just another word for "hypochondria." If you have fibromyalgia you have some idea of how frustrating it is to have your suffering dismissed by your friends, family, and coworkers, and how hard it can be to find professional help in managing your disease. Now for the good news: Written by one of the world's leading experts on fibromyalgia, *Fibromyalgia For Dummies* is a complete, easy-to-use guide to coping with chronic pain and other symptoms associated with that disease. You get expert advice and guidance on how to:

Determine if you have fibromyalgia
Minimize pain
Control fatigue and dramatically boost your energy level
Sleep better
Find the right doctor to help manage your problem
Know which foods to eat and which to avoid
Develop an exercise routine
Manage the strains on your work and family lives
Dr. Roland Staud offers you immediate relief from the physical and emotional pain of fibromyalgia with. He fills you in on the latest science on what fibromyalgia is and how you get it, and he offers a wealth of practical information on:

The pros and cons of traditional prescription medications
Over-the-counter remedies and how to use them
Alternative therapies that can help, including herbs, supplements, botox, acupuncture, aromatherapy and more
Life-style changes that help ease your pain
Managing the emotional stress associated with fibromyalgia
A gold mine of expert information and guidance, *Fibromyalgia For Dummies* will help you feel better and live and happier, more productive life--starting today.

Fibromyalgia for Dummies Details

Date : Published September 20th 2002 by For Dummies (first published September 15th 2002)

ISBN : 9780764554414

Author : Roland Staud , Christine A. Adamec

Format : Paperback 336 pages

Genre : Nonfiction, Medical, Reference, Self Help

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From Reader Review Fibromyalgia for Dummies for online ebook

Loraine says

Having just been diagnosed with fibromyalgia, this book was a very good, easy-to-read (yet it included some technical info explained for the lay person) general overview of the various aspects of Fibromyalgia. It included information on the latest research, treatments, and medications. It covered the variety of symptoms, treatment options, and a variety of ways to manage it. For a newbie to the world of fibromyalgia, this was a great introductory book.

Susi Mirick says

took a long time to read because i was only reading it in the "little" room....but it is chock full of information (some of it is outdated) but nonetheless a lot of it actually helped and now i have a plan with my doctor and will use the book for reference from time to time

Joshua Bertram says

The writing style is bad, as is typical for these "Dummies" books, but at least you're getting good content from an expert on the subject. This book is a pretty comprehensive run-down of all aspects of FMS, covering the science, treatments ranging from pharmaceutical to lifestyle changes, and even chapters on supporting others who have FMS. I appreciated that it comes well-researched and presents the science for you to see. It doesn't feel like a pseudoscience trend book or come off like it's trying to sell a miracle cure to desperate people.

Bee says

I was pleasantly surprised when I picked this up at work to read, because I have a bit of an attitude about all of the 'Dummies' books. Granted, it didn't have any groundbreaking information or tell me stuff I didn't already know about fibromyalgia (although I'd forgotten some things, so it was helpful in that respect) but is concise and easy to follow and understand and is a great starting point for the newly diagnosed. Ideally, I'd give it to every close friend and family member or even workmate of mine to help them understand this illness a little bit better. It might not make for exciting reading if you don't have fibromyalgia yourself though, I'll grant you. :)

I would probably buy this for myself, just as a good general reference to keep on hand.

Jorge Silva says

An useful introduction

Lyndsy says

This is a really good overview for all fibro sufferers, from the newly-diagnosed to those of us who have had it a little longer.

It covers pretty much all relevant aspects: Symptoms, diagnosis, treatment, food, exercise. It also gives detailed information on how it affects the body.

I definitely recommend for anyone who suffers. I probably wouldn't recommend to people who know/love someone with fibro. It goes into more detail than you probably need.

Cheryl Rose says

An amazing, extensive research into what Fibromyalgia really is. It holds nothing back and I've even had to take the books to my doctor's appointments in the beginning and sometimes still now, which is noted in the book. Some people give you dirty looks like, "I'm the doctor here!" -- but this was written by a doctor and if you have no insurance like me, then letting them know that sometimes you have to take painkillers for flare-ups and breakthrough pain and showing them the proof that they DO work for some fibro patients, is EXTREMELY helpful. Some doctor's don't even believe in fibro and if that's the case DO NOT waste your time or money explaining because you won't change their medical opinion. Seek other care! This is such a helpful book for me...especially for someone who knew so little about my condition that I feel like, now, that I have read the symptoms, I have had since I was in elementary school. I'm 26 years old now.

Definitely read this, for people suffering and for their families that may not understand!

Monica Willyard says

This is a broad overview of fibromyalgia syndrome, it's causes, treatment, diagnosis, and coping skills. For me, the two most helpful sections of the book were the chapter on similar diseases that help you figure out if you have fibromyalgia or something else and the section on finding the right doctor for you or finding a new doctor if you need one. I found the chapter on talking with family members and handling emotions about having an auto immune disease to be helpful as well. There is also a thorough chapter covering medications that can be helpful if they are new to you.

Veronica says

very informative and easy-reading pace.

Stacey says

Very American-centric. Some good information.

Donna Few says

Absolutely fantastic. Always going back to it for advice.

Mamabear says

This is a good book for basic information about Fibromyalgia from symptoms to treatments.

Cozy Cat Reviews says

The copy i read was 8 years old outdated from my library. As a new patient I did find it helpful and learned more about my disease. It has valuable references in the back for the ones that are not outdated or obsolete. Is it worth reading for patients yes but I would recommend finding a more up to date copy .

Deborah Martinez says

his book is written in layman's terms and is great if you think you may have signs of Fibromyalgia. I have thought I had it, but the doctors did not agree until I pointed out a few signs that I had learned from this book. I am a chronic headache/migraine sufferer as well with signs of Fibromyalgia on top of it. I am glad I bought this book, and it was very informative - it is an easy read - and easy to highlight and write notes in. I would highly recommend this book if you or someone you know suffers or think you suffer from Fibromyalgia.

donna mcallister says

Good first grade after diagnosis

This book is written in an easy-to-read manner . It offers many ideas and solutions and covers the topic well . It is a good read for anyone diagnosed with fibromyalgia or wanting to better understand fibromyalgia .
