RECENT BOOKS ON FIBROMYALGIA

Fibromyalgia: How Stress Becomes REAL PAIN And What To Do About It
By Manuel Martínez-Lavin, M.D. — Translated by Teresa de La Canal Urbina (2013)
Rheumatologist/researcher, Manuel Martínez-Lavin, M.D., is well-known for his exceptional research on autonomic nervous system dysfunction in patients with fibromyalgia. In his new book, he offers a broad overview of fibromyalgia, including symptoms, diagnosis, and treatment along with discussions of the intricate mechanisms that trigger and sustain the disease as well as new research in the field. The author notes: “This book is not only addressed to patients with fibromyalgia and their families, but also to health care professionals. Although worded simply, the discussions strive to be in-depth, up-to-date, and detailed. Statements are based upon scientific studies. Included at the end of this book are bibliographic references to the original scientific sources for those health care professionals interested in the disease.”
[Available for purchase at Amazon.com as a Kindle e-book. You do not need a special Kindle e-reader to enjoy this book. Kindle apps may be downloaded for free and used on other electronic devices (major computers, smart phones, and iPAD and Android tablets. Check Amazon.com for details.]

Breaking Thru The Fibro Fog: Scientific Proof Fibromyalgia Is Real
By Kevin P. White, M.D., Ph.D. (Wortley Road Books, Ontario, Canada, 2010)
“When I was in practice, one thing I heard from my fibromyalgia patients, over and over, was that the pain, though severe, was not the worst thing; nor was the fatigue or headaches or mental cloudiness. The WORST thing for many was their feeling that no one believed their suffering was real. With Breaking thru the Fibro Fog, I hope to end all that uncertainty, and give those with FM the rights and respect that everyone deserves.” (Kevin White)
Following a review of the fundamentals of what fibromyalgia is and is not, Dr. White offers 12 chapters which contain research-documented presentations of 12 scientific reasons that fibromyalgia IS real. A bonus section adds a detailed evaluation of the relationship between fibromyalgia and trauma and disability. This book should not be taken lightly. White is a highly respected expert in the field of fibromyalgia research who has an impressive resumé of published works.

Note: The National Fibromyalgia Partnership (NFP) offers the enclosed list of books as a public information service. No remuneration is received for any entry in this guide. In each section below, books are presented alphabetically by the lead author’s last name.
OTHER BOOKS ON FIBROMYALGIA

By Devin Starlanyl & Mary Ellen Copeland (New Harbinger Publications, 2001)

Twenty-eight, reader-friendly chapters and three appendices provide a wealth of highly relevant material on two medical conditions, fibromyalgia and chronic myofascial pain, which frequently occur together. Also included are supplemental anatomical diagrams and references which greatly enrich its content. Of this book, the late David Simons, M.D., Clinical Professor of Medicine at Emory University and an international authority on myofascial pain, wrote: “The guidance in this book can serve both practitioners who have yet to understand the nature of their own musculoskeletal aches and pains, and patients who are unable to find a practitioner adequately skilled in this neglected subject. The message of this book is a voice crying out in a wilderness of neglect.”

[Available at www.amazon.com and at selected bookstores]

The Fibromyalgia Advocate: Getting The Support You Need To Cope With Fibromyalgia And Myofascial Pain Syndrome

Although an earlier publication than the one listed above, this book on fibromyalgia and myofascial pain syndrome, is unique in offering a wide range of self-help information and medical, legal, and financial resources. Of special interest is Chapter 7 which contains a large number of fact sheets (now quite well known in the FM community) designed for patients to share with all different types of medical/dental specialists to familiarize them with fibromyalgia and suggest how they might best approach FM patients when treating them in their practices. Examples of medical professionals targeted are: primary care physicians, cardiologists, chiropractors, dentists, dermatologists, emergency room staff, ENTs, eye doctors, gastroenterologists, neurologists, and more.

[Available at www.amazon.com and at many bookstores]

Fibromyalgia For Dummies, Second Edition

Widely respected researcher/rheumatologist Roland Staud, M.D., has compiled an easy-to-use guide on the symptoms of and treatments for fibromyalgia which is true to the spirit of previous "For Dummies" books. Contains the latest treatment options for fibromyalgia including an evaluation of newly available medications and alternative therapies. Staud offers constructive suggestions re: how you can work with your own physician to develop an effective treatment program and provides techniques which will help you manage your FM-related pain at home and at work. Also included are inspiring stories from fibromyalgia patients.

[360 pages with appendices, softcover. Available in many bookstores and online at www.amazon.com.]

Fibromyalgia & Other Central Pain Syndromes
Edited by Daniel J. Wallace, M.D. & Daniel J. Clauw, M.D. (Lippincott, Williams & Wilkins, Publishers, April 2005)

(Recommended for advanced readers) This new book contains a broad range of material contributed by leading medical research and clinical experts in the field of fibromyalgia and chronic pain.

Contents include: The History of Fibromyalgia (Daniel J. Wallace) • The Taxonomy of Chronic Pain: Moving Toward More Mechanistic Classifications (Daniel J. Clauw) • The Epidemiology of Chronic Widespread Pain and Fibromyalgia (John McBeth) • The Concept of Central Sensitivity Syndromes (Muhammad B. Yunus) • The Neurobiology of Chronic Musculoskeletal Pain—Includes Chronic Regional Pain (Roland Staud) • Neurotransmitters, Cytokines, Hormones, and the Immune System in Chronic Nonneuropathic Pain (I. Jon Russell) • Dysfunction of the Autonomic Nervous System in Chronic Pain Syndromes (Manuel Martinez-Lavin) • Functional Imaging of Pain (Richard H. Gracely and Laurence A. Bradley) • Muscles and Peripheral Abnormalities in
Fibromyalgia (Haiko Sprott) • Sleep and Its Potential Role in Chronic Pain and Fatigue (Harvey Moldofsky and James G. MacFarlane) • Symptoms and Signs of Fibromyalgia Syndrome: An Overview (Muhammad B. Yunus) • Neurologic Features of Fibromyalgia (Robert Bennett) • Myofascial Pain Syndromes of the Head and Face (Eli Eliav and Rafael Benoliel) • Psychosocial Factors in Fibromyalgia (Laurence A. Bradley and Graciela S. Alarcón) • Fibromyalgia in Children (David D. Sherry) • Fibromyalgia in Inflammatory and Endocrine Disorders (David S. Hallegua) • Chronic Fatigue Syndrome (Atul Deodhar) • The Functional Bowel Disorder Spectrum (Lucinda A. Harris and Lin Chang) • Genitourinary Associations with Fibromyalgia (Daniel J. Wallace and Swamy Venuturupalli) • Chronic Low Back Pain (Thorsten Giesecke and Michael E. Geisser) • Reflex Sympathetic Dystrophy Syndrome (Franklin Kozin) • The Role of Trauma in Chronic Neuromuscular Pain (Samuel A. McLean, Daniel J. Clauw, and David A. Williams) • Controversial Syndromes and Their Relationship to Fibromyalgia (Swamy Venuturupalli and Daniel J. Wallace) • The Evaluation of Individuals with Chronic Widespread Pain (Daniel J. Clauw) • The Differential Diagnosis of Chronic Regional Pain (Kevin P. White) • Assessment Tools and Outcome Measures Used in the Investigation of Fibromyalgia (Stuart L. Silverman and Susan A. Martin) • Lifestyle and Environmental Interventions in Fibromyalgia and Related Conditions (Stephanie A. Bolling and Thomas M. Susko) • The Use of Exercise and Rehabilitation Regimens (Kaisa Mannerkorpi and Maura Daly Iversen) • Cognitive and Behavioral Approaches to Chronic Pain (David A. Williams) • Local Therapy for Fibromyalgia and Nonneuropathic Pain (Lauren Chen, Jodi Goldman-Knaub and Sally Pullman-Mooar) • Systemic Therapies for Chronic Pain (Lesley M. Arnold) • Complementary and Alternative Medicine for Fibromyalgia (Edzard Ernst) • The Economic Impact of Fibromyalgia on Society and Disability Issues (Daniel J. Wallace) • Prognosis (Arash A. Horizon and Michael H. Weisman) • Future Research Directions (Leslie J. Crofford).

[432 pages, hardcover. To order, visit the Lippincott Williams & Wilkins’ online store at: www.lww.com and search by author’s last names, or phone customer service toll-free at: (800) 639-3030, 8:30 am – 5 pm, Monday-Friday Also available at www.amazon.com.]
• Understand the causes of chronic pain
• Recognize the elements or triggers that increase or decrease your pain
• Reduce pain and emotional distress associated with chronic pain
• Adopt effective problem-solving as a way of managing pain
• Be an educated consumer when it comes to trying new medications or dietary approaches
• Learn the benefits of daily relaxation, meditation, and gentle exercise
• Try new and more effective ways of communicating with family and health care providers
• Overcoming barriers to accomplishing goals in your life

[272 pages, softcover. Order online at www.guilford.com, or phone: (800) 365-7006. To order by mail, write to: The Guilford Press, 72 Spring Street, New York, NY 10012.]

Clinical Mastery In The Treatment Of Myofascial Pain
By Lucy White Ferguson, D.C., and Robert Gerwin, M.D. (Lippincott Williams & Wilkins, 2005)

(Recommended for advanced readers) This book brings together a multidisciplinary group of distinguished experts on myofascial pain from a range of disciplines, including chiropractic, osteopathy, physical therapy, and medicine to address therapeutic approaches to common muscle and joint pain. “The result—practical, problem-solving approaches that can help you become more effective in recognizing conditions, developing treatment regimens that reduce the length of treatment, and suggesting patient activities that encourage the recovery process.”


Pain Management For Older Adults: A Self-Help Guide
By Thomas Hadjistavropoulos & Heather D. Hadjistavropoulos, Eds. (IASP Press, 2008)

A self-help guide written by pain researchers and health care professionals and published by the International Association for the Study of Pain (IASP) to provide practical information and advice to older adults with chronic pain. The text is carefully and clearly written with chapter-long discussions of topics which often include useful charts and diagrams. This reader-friendly book, which is published in ample-sized print, has several strengths beginning with its sensitivity to older adults (not simply referring to them in the title as “seniors” as in other guides). It offers a balanced, constructive program for physical and psychological care; mind and body interconnectedness is stressed for successful pain management. Also important is its consideration of aging as a process that changes as one ages; the use of descriptive stereotypes and clichés is discouraged. Emphasis is given to realistic goals and resisting thoughts that bring on depression and despondency.


Frequency Specific Microcurrent In Pain Management

(Recommended for advanced readers) A comprehensive guide to the treatment protocol known as frequency specific microcurrent (FSM) which uses highly selective frequencies of low-power amperage current, similar to the kind that the human body produces in its own cells to promote healing at the basic cellular level. The theory underlying this form of treatment is that when specific frequencies of current are used on particular body tissues or medical conditions, the resonance effects of the frequencies can produce improvements in a patient’s condition. This book offers the history, theoretical foundation, and practical details of frequency specific therapy and includes specific frequency protocols for the treatment of various pain complaints along with multi-center clinical case reports relating the details successful treatment applications, and much more. A DVD is also included.

[256 pages, softcover/DVD. For more details, go to: www.frequencyspecific.com. Available for sale at www.amazon.com, or phone 877-695-7500 or 360-695-7500.]
Muscle Pain—Understanding Its Nature, Diagnosis, And Treatment
By Siegfried Mense, Prof. Dr. Med.; David G. Simons, M.D.; and I. Jon Russell, M.D., Ph.D. (Lippincott, Williams & Wilkins, 2000)

(Recommended for advanced readers) Carefully constructed by three giants in the field of muscle and soft tissue research, this authoritative new textbook constructs a platform of medically-accurate information and thought-provoking discussion upon which future investigators and scholars can build. The authors provide precise definitions of the muscle terminology which has often been used carelessly and inaccurately in casual conversation. They also address such general topics as the relationship between acute and chronic pain, gender differences in the experience of pain, and difficulties in doctor/patient communication on the subject of pain symptoms. They then cover in greater depth the individual topics of local pain, neuropathic pain, referred pain, increased tension, reflexly mediated and postural pain, centrally modified pain, and myofascial pain—all in the context of muscle. A final comprehensive chapter on fibromyalgia by I. Jon Russell, M.D., Ph.D., is included. Each chapter presents a historical overview which assesses the theories and disagreements which have characterized its particular subject matter. Then, current research and new hypotheses are considered along with detailed information on pharmacologic therapies. Recommended for more advanced readers.


Soft Tissue Pain Syndromes: Clinical Diagnosis And Pathogenesis
By Dieter E. Pongratz, Prof. Dr. med.; Siegfried Mense, Prof. Dr. med.; Michael Spaeth, Dr. med. M.D. (CRC Press, 2006)

(Recommended for advanced readers) This book is a collection of the finest presentations from the 2004 Sixth World Congress of the International Myopain Society (MYOPAIN 2004) held in Munich, Germany, where respected experts presented the state-of-the-art in pain mechanisms, myofascial pain syndrome, fibromyalgia syndrome, and inflammatory myopathies. Up-to-date innovative studies illustrate appropriate diagnostic approaches and latest practical treatments for soft tissue pain syndromes of all types.

Presentations on myofascial pain syndrome included in the book are: Mechanisms of the Transition from Acute to Chronic Pain (Walter Ziegglänsberger) • New Aspects Of Myofascial Trigger Points: Etiological and Clinical (David G. Simons) • Differential Diagnosis of Trigger Points (Robert Gerwin) • Trigger Points as a Cause of Orofacial Pain (Sandro Palla) • Myofascial Pain Therapy (Chang-Zern Hong). Presentations on fibromyalgia included in the book are: Pain and the Neuroendocrine System (Gunther Neeck) • Developments in the Fibromyalgia Syndrome (I. Jon Russell) • Diagnostic Criteria and Differential Diagnosis in the Fibromyalgia Syndrome (Robert M. Bennett) • Fibromyalgia: Novel Therapeutic Aspects (Carol Burckhardt); • Fibromyalgia: Novel Drug Therapies (Leslie Crofford).

[134 pages, softcover. Available at www.amazon.com]

A Delicate Balance: Living Successfully With Chronic Illness
By Susan Milstrey Wells (Perseus Publishing, 2000)

Susan Milstrey Wells has done an exceptional job of exploring the many facets of chronic illness in A Delicate Balance. Drawing on a wide range of disciplines, her own history with several medical conditions (including FM), and the insights and experiences of other patients, she takes an honest, unflinching look at chronic illness and the demands it places on us. She skillfully interweaves her own research with the personal narratives of patients, thus keeping the narrative engaging and fresh. Wells is no Pollyanna, however. She puts the ugly sides of chronic illness out into the light where we can all see them yet manages to draw constructive insights that we can take with us into the future.

FIBROMYALGIA-RELATED CONDITIONS

The Interstitial Cystitis Survival Guide: Your Guide To The Latest Treatment Options And Coping Strategies
By Robert M. Moldwin, M.D., F.A.C.S. (Interstitial Cystitis Association, 2001)

This popular new handbook, written by a member of the Medical Advisory Board of the Interstitial Cystitis Association (ICA), contains treatment options for interstitial cystitis (IC) and a variety of effective coping strategies. Included are: (1) How to obtain an accurate diagnosis; (2) Current medications and their side effects; (3) The role of diet and nutrition; (4) Alternative approaches to managing symptoms; (5) How to deal with painful sex; (6) State-of-the-art surgical techniques…and much more. Also included is a chapter, "Support for the IC Patient", by Vicki Ratner, M.D., Founder, President, and Chief Medical Officer of the ICA.

[236 pages. To order, visit the ICA's website at: www.ichelp.org, at www.amazon.com, or call: (800) HELP-ICA.]


Afraid of falling? Now there is help! Betty Perkins-Carpenter, Ph.D., former Olympic diving coach and member of the President’s Council on Physical Fitness and Sports, offers a popular book and DVD which train you in the art of avoiding falls. A 6-Step Balance System® helps senior citizens and anyone else needing help to:

• do stretching exercises in bed which improve flexibility and mobility
• perform fun balance exercises which improve posture and body strength
• work on balance and dexterity using a ball
• learn how to multi-task and use both sides of the brain to fortify your balance
• reduce your fear of falling by learning how to fall, if you must
• reduce your fear of movement by learning to dance with a pillow

[Also available from Betty Perkins-Carpenter is a DVD entitled, How To Prevent Falls: 6 Steps To Better Balance. Order online at: www.howtopreventfalls.com, or write: Senior Fitness, 1780 Penfield Road Penfield, NY 14526-2104. Phone: 800-306-3137.]

Numb Toes And Aching Soles: Coping With Peripheral Neuropathy
By John A. Senneff (MedPress, 1999)

This book is a detailed exploration of the treatments currently available for peripheral neuropathy (PN), a group of often debilitating disorders which occur when sensory or motor nerves in the peripheral nervous system are damaged. After two introductory chapters which consider the symptoms, diagnostic workups, known causes, and the physiological mechanisms involved in PN, Senneff presents the reader with discussions of available treatments. These include traditional prescription drugs and commonly accepted medical procedures as well as alternative treatments (i.e., biofeedback, acupuncture, therapeutic touch, etc.), nutritional therapy (i.e., herbs, vitamins, minerals, and other supplements), and experimental and "unapproved" treatments. A final chapter also offers information on exercise, diet, sleep, foot care, and more. Of special interest are the narratives he has compiled in which PN sufferers relate their personal experiences, both pro and con, with particular medications or treatment approaches.

Migraine Brains And Bodies:
A Comprehensive Guide To Solving The Mystery Of Your Migraines
by C.M. Shifflett (Round Earth Publishing, 2011)

As the author herself notes, this book is not a discussion of medications, which have been discussed thoroughly elsewhere. Rather its emphasis is on the physiology and body mechanics that trigger migraines. Through reader-friendly explanations of the cardiovascular system, the nervous system, the musculoskeletal system, chemical and metabolic processes, posture, and environmental factors, Ms. Shifflett allows the reader to intelligently search for the causes of migraines, and in doing so, find effective avenues to heal headaches. A special feature of this book is the knowledgeable, detailed discussion of myofascial pain due to trigger points and its relationship to migraines.

[Softbound 285 pages. Available at: Barnes & Noble (www.BN.com) and Round Earth Publishing (www.round-earth.com). Address: P.O. Box 157, Sewickley, PA 15143, Phone: 412/741-7286. Fax: 412/741-7287. Email: sales@round-earth.com/]

Conquering Irritable Bowel Syndrome
By Nicholas Talley, M.D., Ph.D., Professor of Medicine at the Mayo Clinic College of Medicine and Consultant in the Division of Gastroenterology and Hepatology at Mayo Clinic, Rochester, MN (BC Decker, 2006)

Important Note: The second edition of this book will be available in 2013.

International authority Nicholas Talley provides a friendly and highly informative discussion of irritable bowel syndrome (IBS) which is useful to both patients and primary care physicians. He clearly explains what is known about IBS: its characteristics, its causes, and the treatments that work. Although not specifically about fibromyalgia, Dr. Talley’s text offers a useful reference to individuals with fibromyalgia who are troubled by disabling IBS symptoms.

[Softbound, 198 pages. Available from the publisher at: www.bcdecker.com or at www.anadem.com/]

Taking Control Of TMJ: Your Total Wellness Program For Recovering From Temporomandibular Joint Pain, Whiplash, Fibromyalgia, And Related Disorders

This self help guide offers a thorough, reader-friendly introduction to temporomandibular joint (TMJ) pain and dysfunction and discusses the inter-relationship between TMJ, myofascial pain syndrome, fibromyalgia, and mandibular whiplash. It is particularly useful in providing a set of conservative, gentle exercises (complete with illustrations) to stretch or strengthen the jaw and surrounding muscles. Also included is information on proper posture, diet, general exercise, and stress management and a new section in the introduction entitled, "How To Jump Start Treatment" which teaches the reader three valuable techniques for TMJ management that can be used immediately. Of Uppgaard’s book, John W. Witzig, D.D.S., President of the TMJ Association of America, writes: "This powerful book is the first of its kind and will unravel the mysteries and answer your questions regarding TMJ disorder. It is a virtual goldmine of information about a previously misunderstood problem affecting millions of people."

[184 pages, softcover. Available at bookstores or online at: www.newharbinger.com ]
ALSO OF INTEREST

Relieving Pain In America: A Blueprint For Transforming Prevention, Care, Education, and Research
By The Committee On Advancing Pain Research, Care, and Education; Board of Health Sciences Policy, National Academy of Sciences (Washington, DC, 2001)

“Relieving Pain In America assesses the state of the science regarding pain research, care, and education and offers a blueprint for developing a population-level strategy to increase awareness about pain and its treatments.”

[Copies of this report are available from the National Academies Press, 500 Fifth Street, N.W., Locker 285, Washington, DC 20055. Phone: (800) 624-6242 or (202) 334-3313. Internet: http://www.nap.edu/]

Disability Workbook For Social Security Applicants, Eighth Edition
By Douglas M. Smith, Attorney at Law (Physicians' Disability Services, Inc., Revised March 2012)

This valuable workbook by lawyer, mediator, and writer, Douglas M. Smith, who has been practicing Social Security Disability law since 1983, answers such questions as: What is Social Security Disability Insurance (SSDI)? How do I prove disability? How do I appeal when benefits are denied? How do I get and organize evidence? How do I monitor my case? How do I respond to continuing disability reviews? Includes worksheets, charts, frequently asked questions, appendices, and more.

[Softcover. Available for sale at the website of Physicians' Disability Services: www.disabilityfacts.com (e-book format also available) and at www.amazon.com. To order by mail, write: Physicians Disability Services, Inc., P.O. Box 822, Severna Park, MD 21146.]