

CHRONIC & DEGENERATIVE DISEASES

Clinical Applications Addressing Fibromyalgia and Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS)

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5:00 PM – 6:30 PM PST | 8:00 PM – 9:30 PM EST

Women are 10 times more likely to be diagnosed with fibromyalgia than men. Millions of women in North America are suffering from this disease which can manifest itself into a myriad of symptoms including: trigger points or tender points on the body which may be painful to touch; sleep disturbances; depression; and crippling fatigue. While fibromyalgia can cause signs and feelings similar to osteoarthritis, bursitis, and tendinitis, the feelings of pain and stiffness with fibromyalgia are widespread.

Symptoms include:

- Abdominal pain
- Anxiety and depression
- Chronic headaches
- Difficulty maintaining sleep or light sleep
- Dryness in mouth, nose, and eyes
- Fatigue upon arising
- Hypersensitivity to cold and/or heat
- Inability to concentrate (called “fibro fog”)
- Incontinence
- Irritable Bowel Syndrome (IBS)
- Numbness or tingling in the fingers and feet
- Painful menstrual cramps
- Poor circulation in hands and feet (Raynaud’s)
- Restless leg syndrome
- Stiffness



TREATMENT GUIDELINES PROVIDED FOR

- Fibromyalgia and its common symptoms

KEY LEARNING HIGHLIGHTS

- The controversy: does it “exist”?
- Signs and symptoms
- Etiology – theories
- Diagnosis
- Treatment – conventional, alternative
- Prognosis

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