



Chronic Pain &
Fatigue Research
Center

Department of
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THE FIBROMYALGIA WORKSHOP

One of the most distressing aspects of being a patient with fibromyalgia (FMS) is the lack of, and often conflicting, information regarding this condition

The UMHS Chronic Pain and Fatigue Research Center (CPFRC) is offering a monthly educational program designed to provide FMS patients with:

- state of the art information about this syndrome, and
- guidance regarding the development of personalized symptom-management strategies

Dr. Dan Clauw, the director of the CPFRC, presents an overview of what is currently known (and suspected) about FMS and discusses the rationale behind a variety of current research studies into the possible causes and mechanisms of FMS.

Information is also provided regarding ways in which patients can assume an active role in the management of their symptoms, and specific things they can do to supplement prescribed treatments. Some topics addressed during the workshop include the role of cognitive behavioral therapy, exercise, medication, and how to discuss symptoms with treatment providers. The workshop is offered free of charge and friends and family members are welcome to attend.

To facilitate self-management efforts, all participants are provided with a workbook that describes a variety of behavioral skills/strategies such as:

- Stress management techniques
- Effective methods of communication and relaxation
- Improving function through conscious activity pacing
- Sleep hygiene
- Reclaiming memory, etc.

The FMS Workshops are conducted twice a month at the Chronic Pain and Fatigue Research Center (CPFRC). The center is located on the upper level of Lobby M at the Domino's Farms complex in Northeast Ann Arbor (at the intersection of Earhart and Plymouth Roads- just East of US-23, exit 41.) Ample free parking is available. The workshops **start at 1:30pm**, last approximately 2 hours, and the content is the same from session to session.

UP-COMING WORKSHOP DATES 2009:

November 12 December 10 (**canceled**)

December 15

To register to attend a FMS workshop, please call 1-(734) 998-6939 and leave a message with your name, phone #, the date you would like to attend, and the number of guests who will be joining you. You will receive a return call *ONLY IF THE SESSION IS CLOSED OR CANCELLED – thanks, hope to see you soon!*