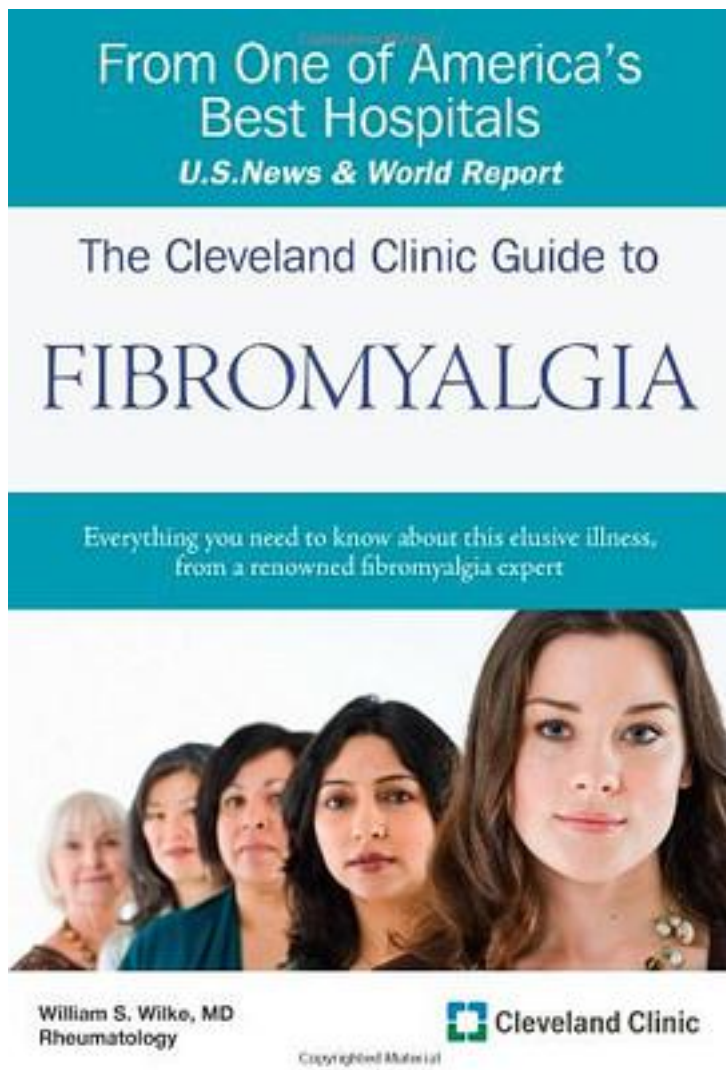


The Cleveland Clinic Guide to Fibromyalgia



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Fibromyalgia is a chronic health condition affecting 6 million to 12 million people in the U.S. Though various controversies exist surrounding fibromyalgia, the illness is very real and stress can actually worsen its symptoms. In The Cleveland Clinic Guide to Fibromyalgia , Dr. William Wilke, an expert on the forefront of this elusive disease, presents critical information about the latest scientific studies and progress in fighting fibromyalgia and related conditions. He offers a proven, interdisciplinary medical approach by drawing on other specialties, including women’s health and rheumatology. This important resource gives readers the cutting-edge medical guidance Dr. Wilke offers his patients, including:

- How to feel immediate relief
- Why fibromyalgia is so difficult to diagnose
- Accurate information on symptoms, treatments, and myths surrounding the condition
- Clear explanations of the newest studies
- Personal stories of those who have triumphed over fibromyalgia
- Fast facts and red-flag sidebars

Plus, advice on how to make the necessary lifestyle choices to live an active and healthy life The Cleveland Clinic is top-ranked for its care of patients with rheumatic and immunologic conditions.

作者介绍:

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