

The Fibromyalgia and Chronic Fatigue  
Resource Book  
and Life Planner Workbook

**Dawn Hughes, Author**

Universal Publishers  
USA • 2001

*The Fibromyalgia and Chronic Fatigue Resource Book  
and Life Planner Workbook*

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## **Dedication**

This book is dedicated to my family.

My mother, Joan Johns, for taking  
all the steps to acceptance and beyond  
along side of me.

My father, Ben Johns and his wife Jean, for  
always watching over me.

My son, Christian Hughes and his wife Andrea.

### **Special Thanks To:**

Dr. Thomas D. Geppert M.D. for finding "My Answer".

To All Fibromyalgia and Chronic Fatigue Patients, Researchers  
and Dedicated Advocacy Groups

**Together We Will Find A Cure**

## Acknowledgements

### Thank you to:

#### **Anne-Marie Vidal**

**Article:** Why Me, Why Anyone?

**Article:** Life Changes

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When the combination of Chronic Fatigue Syndrome and Fibromyalgia limited her ability to work full time she became an adjunct professor at several colleges in New York City. The courses she taught included: Understanding Health Insurance, Medical Office Practices, and Introduction to Microcomputers. Although Anne-Marie writes and advocates on issues related to invisible disabilities, Chronic Fatigue Immune Deficiency Syndrome and Fibromyalgia, she and her wonderful, supportive husband Dennis live in Brooklyn, NY, where they provide a home for their 4 cats. She encourages you write to her at:  
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## TABLE OF CONTENTS

<b>Chapter 1 - The Syndromes</b>	<b>1</b>
What Is Fibromyalgia (FMS) Syndrome?	1
What Is Chronic Fatigue (CFS/ME) Syndrome?	1
What Causes Fibromyalgia and Chronic Fatigue Syndrome?	2
How Are Fibromyalgia and Chronic Fatigue Diagnosed?	3
Tenderpoints	4
Fibromyalgia and Chronic Fatigue Symptoms	6
Treatments	10
Alternative Therapies	11
Common Medications	12
Support Of Chronic Pain Medications	14
Prescription Drug Resources	15
Research	17
Clinical Trails and Studies	19
Clinical Trial Results	20
Other Names For FMS/CFS	21
Common Acronyms	24
<b>Chapter 2 - The Resources</b>	<b>25</b>
Where To Purchase Books Online	25
Diet and Nutrition Books	26
Exercise Books	29
Fibromyalgia and Chronic Fatigue Syndrome Books	30
Fibromyalgia and Chronic Fatigue Booklets and Packets	37
Help With Grieving and Loss Books	40
Living Independently Books	41
Pain Management Books	42
Social Security and Disability Books	45
Professional Medical Journals and Articles	46
Newsletters and Periodicals	49
Newsletters For Children	57
Video and Audio Library	58

<b>Chapter 3 - The Support</b>	<b>66</b>
FMS and CFS Associations - Canada	66
FMS and CFS Associations - U.S.A.	68
FMS and CFS Associations Worldwide	77
Pain Management Resources	87
Alternative Therapy Resources	89
Internet Resources	91
Internet: Articles General	91
Internet: Chats and Forums	92
Internet: E-Groups	93
Internet: Health and Nutrition	93
Internet: Humor	95
Internet: Inspirational	95
Internet: Pen Pals and Relationships	97
Internet: Physician and Patient Communications	98
Internet: Social Security and Disability	99
Internet: Webrings	101
The Social Security Process - U.S.A.	103
The Disability Process - Canada	105
Advocacy: Make Your Voice Heard	107
Why Me, Why Anyone?	108
An Important Day For Those With FMS/CFS - May 12 <sup>th</sup>	109
Advocacy: How To Locate Government Officials Worldwide	110
Advocacy: How To Locate Government Officials U.S.A.	111
Advocacy: Writing Letters	112
Advocacy: Keep Up To Date and Stay Informed	113
<b>Chapter 4 - The Life Planner</b>	<b>114</b>
The Diagnosis	114
Understanding The Grieving Process	115
The 5 Stages Of The Grieving Process	120
Working Through Feelings	125
Isolating and Identifying Feelings	126
Feeling Worksheet	129
Doctor Patient Relationships	130
Goal Planning	132
Monthly Goal Worksheet	133
Daily Worksheet	134
Pain Chart	136
Monthly Notes	137
Exercise: Good Or Bad?	138

Simple Stretching Exercises	139
Gentle Aerobics	142
Vitamin and Nutritional Support	144
Shaklee Corporation	145
Watkins, Inc.	151
Life Extension Foundation	153
Vitamin Chart: Nutrition In Our Foods.	154
Supporting Your Physical Needs	159
Quick Cleaning Essentials	159
Homemade Cleaners For Those With MCS	160
Quick Cleaning Tips	164
Kitchen, Food, and Cooking Tips	165
Physical Needs and Activities	166
Where To Purchase Non-Toxic Products	167
Shopping For Physical Therapy Products	167
Finding Emotional Support	169
Positive Self-Talk	170
Emotional Support Through Family and Friends	171
Write A Healing Letter	172
Letters To Normals Who Don't Have FMS/CFS	172
Patients Responsibility To Family and Friends	174
Family and Friends Responsibility To Patient	175
Working and Finances	177
Financial Assistance	177
Working Options	178
Telecommuting	180
Telecommuting Job Sites	180
Telecommuting Networks	181
Telecommuting and Flex Friendly Companies	182
Worksheets and Charts	194
Monthly Goal Worksheet	196
Feeling Worksheet	197
Pain Chart	198
Monthly Notes	199
Daily Notes	200





## **Chapter 1 - THE SYNDROMES**

**Although CFS and FMS are differently defined syndromes, it is likely that patients with Fibromyalgia and Chronic Fatigue Syndrome have the same underlying disease.**

### **What Is Fibromyalgia (FMS) Syndrome?**

Fibromyalgia Syndrome (FMS) is a widespread musculoskeletal pain and fatigue disorder for which the cause is still unknown. Over 6 million Americans (alone), 90% of them women in the prime of their life, suffer from FMS. Symptoms usually appear between 20-55 years of age, but children and men are also diagnosed with fibromyalgia syndrome. Fibromyalgia is not deforming, degenerative, or life threatening. It is not a progressive disorder like multiple sclerosis and it is not a mental disorder. Fibromyalgia means pain in the bodies soft tissues ( bursa, muscles, joints, ligaments and tendons). This soft tissue pain is often described as aching, stabbing or burning. Severity of symptoms fluctuate from person to person, but chronic pain is the main symptom. FMS patients may have up to 3 times the normal amount of substance P in their spinal fluid. Substance P tells the body how much pain it feels. Patients also have more pain receptors resulting in hypersensitivity to everything. In addition to pain, the sufferer feels fatigue and general malaise or “flu-like” symptoms on a daily basis. Fibromyalgia pain can be manageable one moment and incapacitating the next, therefore, treatment relies heavily on pain management and stress reduction therapies as well as patient and family education to support the emotional needs for living with a chronic illness.

### **What Is Chronic Fatigue (CFS/ME) Syndrome?**

Chronic Fatigue Syndrome (CFS) is a fatigue disorder for which the cause is still unknown. The core symptoms are general pain, mental fogging and fatigue. The degree of severity differs with each patient and will also vary from day to day. The exhaustion

experienced with chronic fatigue can be completely disabling. Another common name for chronic fatigue syndrome is ME or “Myalgic Encephalomyelitis”, meaning inflammation of the central nervous system and muscles. Many people feel ME more accurately describes the severity of this chronic and debilitating illness.

## **What Causes Fibromyalgia and Chronic Fatigue Syndrome?**

While the cause remain unknown, research studies support that that FMS/CFS may be hereditary or trauma induced. FMS/CFS may be associated with changes in muscle metabolism, such as decreased blood flow, causing fatigue and decreased strength. Others believe these syndromes may be triggered by an infectious agent such as a virus in susceptible people, but no such agent has been identified. Medical research has produced the following list of possible causes that might play a role:

### **Environmental**

Environmental factors may play a role in developing and/or prolonging the illness.

### **Genetics**

Several studies support the theory that FMS/CFS is an inherited condition. Like other illnesses, it may skip generations or surface in every one.

### **Hypothalamic-Pituitary Adrenal (HPA) Axis**

Multiple laboratory studies have suggested that the central nervous system may play an important role. Medical studies also show hormonal and pain mechanism abnormalities in patients.

### **Infectious Agents**

Due in part to its similarity to chronic mononucleosis, FMS/CFS was initially thought to be caused by a virus infection, most probably Epstein-Barr virus (EBV). It is now clear that FMS/CFS is not caused by EBV. It is unlikely the cause is exclusively from any single recognized infectious disease agent including: Human retroviruses, herpesvirus6, rubella, candida, mycoplasma or other bornaviruses. However, the possibility remains that FMS/CFS may

have multiple causes which means some infectious agents might play a contributory role.

### **Immunology**

It has been proposed that FMS/CFS may be caused by an immunologic dysfunction, for example inappropriate production of cytokines, such as interleukin-1, or altered capacity of certain immune functions.

### **Neurally Mediated Hypotension**

Many FMS/CFS patients experience lightheadedness or worsened fatigue when they stand for prolonged periods or when in warm places, such as in a hot shower, possibly from autonomic regulation of blood pressure and pulse .

### **Non-Restorative Sleep**

Lack of non-restorative deep sleep. Patients rarely reach a deep stage 4 sleep. This is the sleep stage where our bodies heal and release growth hormones which repair muscles and tissues.

### **Trauma**

Statistics show many sufferers experienced a trauma (like a car accident) right before their symptoms surfaced. Whether the gene was latent and the trauma caused the syndrome to surface is unknown.

## **How Are Fibromyalgia and Chronic Fatigue Diagnosed?**

FMS and CFS are difficult to diagnose, because there are no blood test results to show the illness has taken hold. CFS is diagnosed when a patient has severe prolonged fatigue for a period of six months or longer. In fibromyalgia, pain wanders to different parts of the body which often causes people to visit many doctors for the “seemingly” different ailments that they feel. Often, with the onset of muscle and/or joint pain, a sufferer will make an appointment with a Rheumatologist (or other physician) who will make a diagnoses by process of elimination.

## Tenderpoints

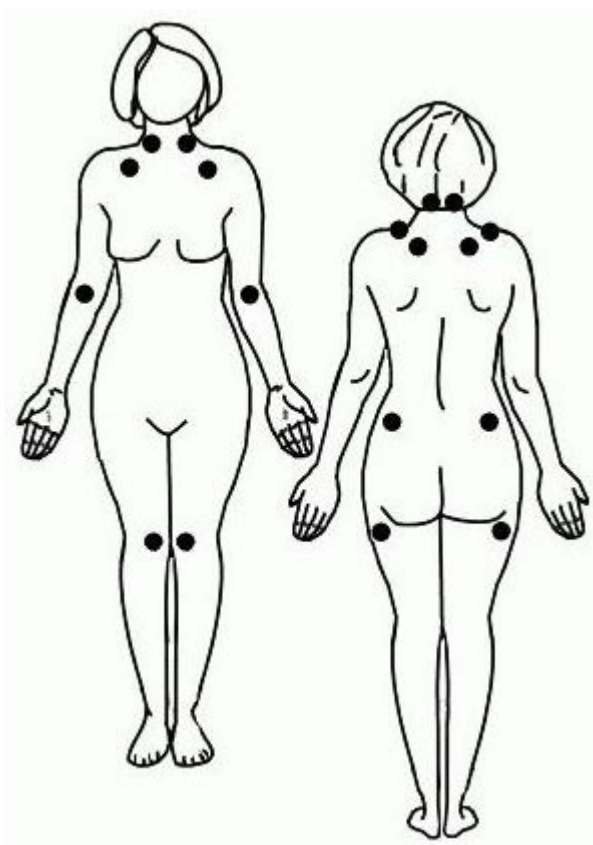
Tenderpoints are very sore and painful nodes that can be located in the muscles, soft tissues, tendons and ligaments. Tenderpoints are found in specific areas and it takes someone very knowledgeable in anatomy to be able to locate them accurately. Sometimes pressing on these tenderpoints causes pain or tingling to be felt in different areas of the body. When this occurs, these points are then called triggerpoints. The radiating symptoms seem to be coming from a different location. Tenderpoint pain may not be obvious to the patient of fibromyalgia until the syndrome reaches an advanced stage. This is another reason why this illness can go undiagnosed for so long.

## Location of Tenderpoints

The “signature” 18 tenderpoints are located in 9 areas (both sides) of the body. They Include:

1. The back of the head where the neck muscles connect to the skull.
2. The muscles along the neck.
3. Trapezius muscle. The broad muscle that extends from the neck down to the shoulder.
4. Supraspinatus muscle. The broad muscle at the top of the shoulder blade.
5. The second rib. This area right below the collarbone.
6. Lateral epicondyle. The area frequently referred to as the “tennis elbow” area, located in the upper forearm.
7. Gluteus maximus. The buttock muscle.
8. Greater Trochanter. The part of the thigh bone just below the hip joint.
9. Medial Knee. The tender area above the inside of the knee.

## Diagram of Tenderpoints



## **Fibromyalgia and Chronic Fatigue Symptoms**

### **Central Nervous System Symptoms**

#### **Brainfog**

Inability to think clearly. FMS and CFS

#### **Chronic Headaches**

Recurrent migraine or tension-type headaches are seen in about 50% of patients. FMS and CFS

#### **Decreased Libido** CFS

#### **Dizziness and Fainting** FMS and CFS

#### **Muscle Twitching** FMS and CFS

#### **Sensory Alterations**

Hyper or hypersensitivity in smell, taste and hearing. FMS and CFS

#### **Numbness and Tingling in extremities** FMS and CFS

#### **Ringing in ears ( tinnitus)** FMS and CFS

#### **Vision Changes**

Prescription changes frequently. FMS and CFS

### **Emotional Symptoms**

#### **Anxiety** FMS and CFS

#### **Appetite**

Increase or decrease. FMS and CFS

#### **Depression**

Any condition which causes chronic pain usually has depression as a symptom. Depression medications are often prescribed. FMS and CFS

**Frequent Crying** FMS and CFS

**Mood Swings** FMS and CFS

**Suicidal Thoughts** FMS and CFS

## **Equilibrium Symptoms**

### **Balance Problems**

Staggering and clumsy walking. FMS and CFS

**Dropping Things** FMS and CFS

### **Perception**

Distance perception and not being able to clearly see what you are looking at. FMS and CFS

**Vertigo** FMS and CFS

## **General Symptoms**

**Allergies** FMS and CFS

**Canker Sores** CFS

**Cough** CFS

**Dry Eyes and Mouth** FMS

### **Fatigue**

This symptom can be mild in some patients and incapacitating in others. FMS and CFS

**Flu Like Symptoms** FMS and CFS

**Frequent Urination** CFS

**General Malaise** FMS and CFS

**Hair Loss** CFS

**Increased Thirst** FMS and CFS

**Irritable Bowel Syndrome**

Alternating constipation, diarrhea, frequent abdominal pain, bloating and abdominal gas. FMS

**Low Blood Pressure** CFS

**Low Grade Fever** CFS

**Mitral Valve Prolapse (MVP).**

MVP is a condition where one of the heart valves bulge out during a heartbeat. This may cause an abnormal heart rhythm, but is no indication of heart trouble or disease. This valve is mostly connective tissue, which may be affected by fibromyalgia. FMS

**Morning Stiffness** FMS and CFS

**Nightsweats** CFS

**Shortness of Breath** CFS

**Soar Throat** CFS

**Temperature Sensitivity**

Feeling hot or cold no matter what the temperature is. Extreme hot or cold weather can worsen symptoms. Also sensitivity to cold, damp or humid conditions. CFS

**Tender Lymph Nodes**

In the neck or armpit. CFS

**Thyroid Inflammation** CFS

**TMJ - Temporomandibular Joint Dysfunction Syndrome**

This syndrome, sometimes referred to as TMJD, causes tremendous face and head pain in one quarter of fibromyalgia patients. Symptoms with this condition may be related to the muscles and ligaments surrounding the joint and not necessarily the joint itself. FMS and CFS

**Multiple Chemical Sensitivity Syndrome**

Sensitivities to bright lights, foods, noise and medications. FMS and CFS



## **Pain Symptoms**

**Abdominal Pain** FMS and CFS

**Chest Pain** FMS and CFS

**Chronic Pain** FMS

**Feeling like arms and legs are tied to concrete blocks** FMS

**General Body Pain** FMS and CFS

### **Joint Pain**

Without redness or swelling. FMS and CFS

**Muscle Pain and Weakness** FMS and CFS

**Tenderpoint (and triggerpoint pain or tenderness)** FMS

## **Sleep Symptoms**

Poor sleep is a hallmark for these syndromes. Most patients have an associated sleep disorder that prevents them from reaching a deep (stage 4) sleep level. Stage 4 sleep is when our body releases growth hormones that chemically replenish and repair body tissues. It should be noted that most patients diagnosed with chronic fatigue syndrome have the same alpha-EEG sleep pattern as some fibromyalgia-diagnosed patients. Sleeping aids are a normal course of action for treatment. FMS and CFS

**Abnormal Brain Activity In Stage 4 Sleep** FMS and CFS

**Alternating Sleep and Waking Patterns** FMS and CFS

**Difficulty Falling Asleep** FMS and CFS

**Excessive Sleeping** FMS and CFS

**Non-Restorative Sleep** FMS and CFS

**Restless Leg Syndrome** FMS and CFS

## **Treatments**

The goal in the treatment for FMS/CFS patients is to lead the most pain free lifestyle possible. In addition to medications, lifestyle changes that teach stress and pain relief are essential to minimize pain and fatigue. Many physical activities can cause flare ups and pain. In FMS, moderate activity becomes strenuous, and is likely to result in increased pain. Any body movement that causes the muscles to have a “sustained contraction” will result in pain.

Everyday activities that cause sustained contraction include: Changing a light bulb, computer work, lifting, putting groceries away and virtually any stance that requires reaching up with your arms. Your doctor may recommend therapeutic exercises to improve your physical condition.

### **Occupational Therapy**

Activities of daily living are more difficult. Occupational Therapy helps one become as independent as possible by teaching new ways to perform tasks that minimize pain. Research shows patients take up to 30% longer to complete a daily living task. Daily activities like house cleaning, dressing, and bathing can be performed to better suit the limitations caused by this illness. It is important to remember that changing personal habits and the way daily activities are performed requires repetition and practice. A therapist can help the individual plan goals to build strength, coordination, endurance and cognitive function through activities which are part of his or her daily routine.

### **Physical Therapy**

Patient education usually includes Physical Therapy. Improper exercise will increase pain and cause unnecessary discomfort. Learning how to exercise properly is crucial to pain management. FMS patients have decreased oxygen supply to their muscles, so when muscles contract, less energy is available to sustain these contractions. The combination of decreased oxygen and energy lead to muscle pain. Therapy is designed to condition the muscles and reduce pain. Physical Therapy teaches a wide variety of appropriate exercise treatments including mobility and low impact water exercises. A physical therapist can explain other therapeutic options like massage and hot and cold therapy for patient comfort.

## **Sleep Treatments**

Treatments are geared toward improving the quality of sleep and sleeping aids are commonly prescribed. It is believed that fibromyalgia and chronic fatigue sufferers never reach a deep level of sleep. Because deep level (stage 4) sleep is so crucial for many body functions, such as tissue repair and antibody production, providing the best sleep possible is a priority in the treatment of these syndromes.

## **Warm Water Therapy**

FMS/CFS patients find water means “freedom”. Body weight is buoyed and this reduces stress on muscles and joints. Exercising in water improves the fitness of your heart and lungs, tones the body and reduces fat. The water must be warm, as cold water creates discomfort. You can incorporate every kind of exercise in water therapy: aerobic, flexibility, range of motion and strengthening.

## **Alternative Therapies**

Alternative therapy means an approach to solving a health problem that's different from those used by conventional practitioners of western medicine. It would be more accurate to call some of these therapies complementary, since they complement - rather than replace - conventional medical practice. Following are complementary therapeutic options that promote general wellbeing, mentally, emotionally and/or physically. Many people with chronic pain seek alternative therapies to obtain relief from their pain, in their effort to lead the most comfortable life possible.

### **Acupuncture**

Is a Chinese medicine. Most people picture acupuncture as a therapy that uses thin needles, but there are several different methods that can be used to stimulate the more than 300 acupuncture points that lie along the meridians. Some methods used include : Heat, herbs, magnets, pressure and laser. Acupuncture treats pain, and maintains health by stimulating points located on channels of energy running along the body (meridians).

Each channel carries Chi (life force) and is linked to a specific organ and different emotion. If these channels become blocked or stagnated then pain and disease occurs. The stimulation used, unblocks the meridians and restore the flow of Chi. Patients are treated as a whole with the understanding that all symptoms and signs within one person interrelate and influence each other.

### **Chiropractic Care**

Is a branch of the healing arts which is concerned with human health and disease processes. Doctors of Chiropractic are physicians who consider man as an integrated being and give special attention to the physiological and biochemical aspects including: Structural, spinal, musculoskeletal, neurological, vascular, nutritional, emotional and environmental relationships. Chiropractic treatment is geared toward, dietary changes, nutritional enhancement, postural changes, physical therapies (heat, ice, light massage, etc.), spinal manipulation and stress management.

### **Massage Therapy**

Massage relaxes muscles which improve circulation and decrease pain. Massage stretches muscle fibers and increases flexibility. It is one of the most soothing and comforting treatments for mental and physical relief.

## **Common Medications**

### **Antidepressants**

Aventyl  
 Elavil  
 Endep  
 Fluoxetine-Prozac  
 Doxepin Adapin  
 Paroxetine-Paxil  
 Sinequan Nortriptyline Pamelor  
 ProzacRemeron-mirtazapoin  
 Sertraline-Zoloft  
 Sinequan-doxepin  
 Zoloft

**Anxiety**

BuSpar  
Klonopin-clonazepam  
Xanax-alprazolam

**Headaches**

Imitrex (sumatriptan)  
Maxalt  
Midrin calcium  
Migranol  
NSAIDS  
Tylenol

**Irritable bladder**

Tricyclics  
Urised

**Irritable bowel syndrome**

Bentyl  
Librax

**Muscle Relaxants**

Cyclobenzaprine  
Cycloflex  
Flexeril  
Zanaflex

**Pain Relief**

COX-2 Inhibitors  
Hydrocodone  
Soma-carisoprodol  
Ultram

**Restless legs**

Klonopin

## **Sleep**

### **Tricyclics:**

Elavil

Flexeril

Sinequan

Soma

Trazodone

### **Sedative/Anxiolytic Medications:**

Ambien

Buspar

## **Support Of Chronic Pain Medications**

Pain is a personal experience which means it can not be measured. Pain can be emotionally crippling and is also the cause of many psychological problems, such as feelings of anxiety, fear, depression, hopelessness and low self-esteem. While concern for the long term effects of daily intakes of pain medications is valid, it is also important to understand that chronic pain sufferers have to manage life in a much different way than a person without daily pain. Medications are a personal decision between the patient and doctor, for some, unrelieved pain has many other negative health consequences including, but not limited to: Blood clotting, decreased mobility, delayed healing, increased stress, hormonal imbalances, impaired immune system and gastrointestinal functioning, loss of appetite, nonrestorative sleep, water retention, and needless suffering.

## **Chronic Pain Medication Resources**

### **ABC News**

Website:

[http://archive.abcnews.go.com/sections/newsuse/nl\\_stadol\\_narc/](http://archive.abcnews.go.com/sections/newsuse/nl_stadol_narc/)

### **Chronic Pain Relief Coalition (CPRC)**

Website:

<http://www.fortunecity.com/millennium/hibiscus/152/index2.html>

**MARRTC**

The only federally funded arthritis rehabilitation research and training center in the country.

Missouri Arthritis Rehabilitation Research and Training Center

130 A P Green, DC330.00

One Hospital Drive

Columbia, MO 65212

E-mail: [marrtc@health.missouri.edu](mailto:marrtc@health.missouri.edu)

Website: <http://www.muhealth.org/~arthritis/marrtc.html>

**Mayo Clinic**

Reassessing the role of morphine and other narcotics. Call for the location nearest you.

4500 San Pablo Road

Jacksonville, FL 32224

Phone: 904-953-2000

Website:

<http://www.mayohealth.org/mayo/9710/htm/morphine.htm>

**The Painful Dilemma**

The Use of Narcotics for the Treatment of Chronic Pain

Website: <http://mojo.calyx.net/~schaffer/asap/dilemma.html>

**WebMD**

Website: [http://onhealth.webmd.com/conditions/in-depth/item/item%2C46864\\_1\\_1.asp](http://onhealth.webmd.com/conditions/in-depth/item/item%2C46864_1_1.asp)

**Prescription Drug Resources****Directory of Prescription Drug Patient Assistance Programs**

It has been a long-standing tradition for pharmaceutical companies to provide prescription medicines free of charge to physicians whose patients might not otherwise have access to necessary medicines. This website provides a list of pharmaceutical companies that participate in programs.

Website: <http://www.phrma.org/patients>

**Prescription Website Guide**

Online guide to more than 9,000 prescription and over-the-counter medications provided by the United States Pharmacopoeia (USP).

Website: <http://www.nlm.nih.gov/medlineplus/druginformation.html>

### **Prescription Drug Handbook**

Published by The Association of American Retired Persons. AARP has recently revised its Prescription Drug Handbook, which is a guide to medications frequently prescribed for older people. The handbook describes nearly 1,000 brand name and generic drugs, over-the-counter medications and vitamins.

AARP

601 E St. NW

Washington, DC 20049

Phone: 800-424-3410

Phone: 800-456-2277

E-mail: [member@aarp.org](mailto:member@aarp.org)

### **Prescription Drug Programs**

Free Medication Program (for low income patients).

The Medicine Program

Phone: 573-996-7300

Website: <http://chronicfatigue.about.com/health/chronicfatigue/gi/dynamic/offsite.htm?site=http%3A%2F%2Fwww.themedicineprogram.com%2F>

### **American Pharmaceutical Association - Pharmacy and You - Online**

Information resource on pharmacists, medication and drug interactions.

American Pharmaceutical Association

2215 Constitution Avenue, NW

Washington, DC 20037-2985

Phone: 202-628-4410

Fax: 202-783-2351

E-mail: [webmaster@mail.aphanet.org](mailto:webmaster@mail.aphanet.org)

Website: <http://www.pharmacyandyou.org>

### **The American Pharmaceutical Association's Guide to Prescription Drugs**

Author: Donald Sullivan, Ph.D., RPH

Are the prescription drugs you're taking safe? Written in clear, easy-to-understand language, this book provides the most up-to-date information you need to know about the most commonly prescribed drugs.



**The Medical Letter**

The Medical Letter on Drugs and Therapeutics is an independent, peer-reviewed, non-profit publication that offers unbiased critical evaluations of drugs - with special emphasis on new drugs - to physicians and other members of the health professions.

Occasionally, the Medical Letter publishes an article on an entire class of drugs, a new non-drug treatment or a new diagnostic aid.

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**ME-NET: International Drug and Pharmacy Resources**

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The Netherlands

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Fax: +31 (0)20-7782300

Website: <http://www.dds.nl/~me-net/meweb/web3.3.html>

**Research**

Researchers have several theories about what triggers these syndromes including, central nervous system injury, changes in muscle metabolism, or an infectious virus agent. Support of fundamental research is extremely important, because it is impossible to know which area will produce the next important discovery. Discoveries can come from research funded in a variety of areas. For example, the National Institutes of Health (NIH) supports pain research at different levels--from the cell, gene, molecule, and organ to the human organism itself. Since not all the outcomes can be anticipated, and it is hard to know where scientific advances will come from, NIAMS strives to support and maintain a diverse research portfolio. This is especially important in fibromyalgia/chronic fatigue, where many areas are being developed simultaneously. Contact FMS/CFS Associations to make research contributions.