

Participants (continued)

Peter Ianni, Ph.D.

Behavioral pain psychologist
Private practice, Farmington, MI.

Lynn Matallana

President/Chief National Fibromyalgia Association

Sharon Ostalecki, Ph.D.

Executive Director, Helping Our Pain & Exhaustion, Inc.
Private practice, Novi, MI.

Kenneth Peters, M.D.

Specialty: Urology
Board Certification: American Board of Urology
Chief, Urology, Beaumont Hospital, Royal Oak, MI
Affiliation: William Beaumont Hospital, Royal Oak, MI

Leon Rubenfaer, M.D.

Specialty: Psychiatry
Board Certification: American Board of Psychiatry
& Neurology
Affiliation: William Beaumont Hospital, Royal Oak, MI,
Providence Hospital, Southfield, MI

Martin S. Tamler, M.D.

Specialty: Physical Medicine & Rehabilitation
Board Certification: American Board of Physical Medicine
and Rehabilitation
Program Director of the PM&R Residency, Beaumont
Hospital, Royal Oak, MI
Affiliation: William Beaumont Hospital, Royal Oak, MI

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Michigan State Medical Society Committee on CME Accreditation through the joint sponsorship of Providence Hospital & Medical Centers and Helping Our Pain & Exhaustion, Inc. Providence Hospital & Medical Centers is accredited by the Michigan State Medical Society Committee on CME Accreditation to provide continuing medical education for physicians. Providence Hospital & Medical Centers designates this educational activity for a maximum of 1.5 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Fibromyalgia: Fitting the Pieces Together, is truly a collaborative effort combining information and first-person accounts from both those suffering with Fibromyalgia and those dedicated to its treatment.

The primary goal of this documentary and accompanying educational resources is to expand the body of knowledge medical professionals have about FM and chronic pain, thus enabling them to optimize the care, diagnosis, and treatment of their patients.

The documentary will follow a question and answer format incorporated under sixteen segments including Introduction, Medical Information, Multidisciplinary Treatment Team, Treatment Plan, Medications, Physical Therapy, Cognitive Therapy, Special Population, Concurrent Health Problems, Patient Testimonials, and Support Groups and Resources.

Examples of detailed topics incorporated within these segments include: Central Sensitization, FDA Approved drug to Treat Fibromyalgia, Demonstration of a Trigger Point Exam, Trigger Point Injections, Exercise, Cognitive Behavioral therapy, Endocrine Dysfunction, Advice to Parents of Teens Experiencing this Chronic Disorder, Insomnia and other Sleep Disorders, Interstitial cystitis and Irritable Bowel Syndrome. Physicians who specialize in each of these areas will be featured. Cutting-edge treatment techniques will be presented in a dialogue format between patient and physician.

HOPE, is producing this documentary to serve as an educational tool for four target populations: (1) Individuals affected with Fibromyalgia; (2) Medical personnel who treat Fibromyalgia and related disorders such as Chronic Fatigue Syndrome including physicians, physical therapists, occupational therapists, hospital rehabilitation centers, pain clinics and mental health employees; (3) Family members and friends of individuals suffering with Fibromyalgia; and, (4) Support groups and educators who disseminate knowledge and resources to the three above-mentioned target populations.

Current partnerships with large organizations such as American Society of Interventional Pain Physicians and American Association of Pain Management ensure that this documentary will reach even larger audiences.

**For CME credit information, please contact
Sharon Ostalecki at smo23915@aol.com**

**Documentary may be ordered online at
www.hffcf.org**

Helping Our Pain and Exhaustion Inc.

presents

Fibromyalgia

Fitting the Pieces Together



*A 90 minute, 13 chapter documentary
featuring the history, diagnosis,
available multidisciplinary treatment
options, and patient/doctor discussions
about fibromyalgia with leading
experts in the field.*

Why Fibromyalgia Information is Important

Fibromyalgia is the second most common rheumatologic disorder following osteoarthritis. It is the number one cause of severe, generalized, musculoskeletal pain even when back pain is included on the list. In the U.S. general population about 2.5% of all adults (3.5% of women, .05% of men) have fibromyalgia. This translates into approximately 5-8 million Americans who suffer with this condition. Women are generally affected by this disorder 8-10 times more commonly than men. Children can also suffer from fibromyalgia, however, in this age group, boys and girls are equally affected. Although awareness is increasing, it takes a patient an average of five years to receive a proper diagnosis. Patients often drift from doctor to doctor, incurring great expense and feelings of fear, frustration, and isolation from the community support that they so desperately need.

Once the diagnosis is established, many patients are discouraged with the lack of effective therapy. There is no known cause or cure for fibromyalgia; however, new research and multidisciplinary treatments are rapidly evolving. It is crucial that this knowledge be made available to both patients and health care professionals.

Mission Statement

Healing Our Pain and Exhaustion (H.O.P.E) is a 501(c)(3) organization whose mission is to enhance knowledge and awareness of Fibromyalgia and Chronic Fatigue syndrome through programs that educate families, friends, the public, the media and the medical community. H.O.P.E. accomplishes this mission through lectures, written material, and a referral base of professional people that understand and work with Fibromyalgia and Chronic Fatigue Syndrome. Greater understanding, acceptance, and successful management for those that live with Fibromyalgia can be accomplished through increased education; this is reflected in H.O.P.E's mission and charitable activities.

Helping Our Pain & Exhaustion, Inc.
A non-profit 501 (C)(3) organization
hffc.org

Fibromyalgia: Fitting the Pieces Together

Documentary

Introduction *Fibromyalgia Fitting the Pieces Together*

Chapter 1 Ananias C. Diokno, M.D. *Fibromyalgia a Global Condition*

Chapter 2 Daniel Clauw, M.D. *Central Pain Syndrome and Research*

Chapter 3 Martin S. Tamler, M.D. *Diagnosis & Tender Point Exam*

Chapter 4 Craig Hartrick, M.D. *Neural Mechanism & Referred Pain Patterns*

Chapter 5 Martin Tamler, M.D. *Sleep*

Chapter 6 Leon Rubenfaer, M.D. *Pharmacologic Management*

Chapter 7 Kenneth Peters, M.D. *Interstitial Cystitis and Pelvic Pain*

Chapter 8 Dennis Dobritt, D.O. *Trigger Point Injections*

Chapter 9 Cassius DeFlon, M.D. *Emotional Component of Chronic Pain*

Chapter 10 Loren DeVinney, P.T. *Physical Therapy & Exercise*

Chapter 11 Virginia Drouin-Berry *Managing Pain with Massage*

Chapter 12 Peter Ianni, Ph.D. *Biofeedback & Behavioral Pain Management*

Chapter 13 Lynne Matallana *Support and Advocacy*

Participants

Daniel Clauw, M.D.

Specialty: *Rheumatology and Internal Medicine*
Board Certification: Rheumatology, Internal Medicine
Professor of Internal Medicine and Rheumatology,
University of Michigan
Director of the Chronic Pain and Fatigue Research Center,
University of MI
Affiliation: University of Michigan, Ann Arbor, MI

Cassius DeFlon, M.D.

Specialty: *Psychiatry*
Board Certification: American Board of
Psychiatry & Neurology
Affiliation: William Beaumont Hospital, Royal Oak, MI.

Loren DeVinney, P.T., O.M.P.T.

Physical therapist
Private practice, West Bloomfield, MI.

Ananias C. Diokno, M.D.

Specialty: *Urology*
Board Certification: American Board of Urology
Executive Vice President & Chief Medical Officer,
Beaumont Hospitals
Affiliation: William Beaumont Hospital, Royal Oak, MI.

Dennis Dobritt, D.O.

Specialty: *Anesthesiology, Pain Management and Pain Medicine*
Board Certification: Anesthesiology, Pain Management and Pain Medicine.
Director, Pain Institute: Providence Hospital,
Southfield, Michigan
Affiliation: Providence Hospital, Southfield, Michigan

Virginia Drouin-Berry

Certified Massage Therapist

Craig Hartrick, M.D.

Specialty: *Anesthesiology*
Board Certification: Diplomate American Board of Pain Medicine
Director, Anesthesiology Research: William Beaumont Hospital, Royal Oak, MI
Editor-in-Chief, Pain Practice
Affiliation: William Beaumont Hospital, Royal Oak, MI.