



FIBROMYALGIA SA

Arthritis Foundation SA Inc

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Information and Support

The following publications directly relate to Fibromyalgia Syndrome are available for purchase from the Arthritis Foundation – Unit 1, 202 208 Glen Osmond Road, Fullarton. S.A.

(Prices for Arthritis Foundation members are discounted).

A library is also available at the above address for member's use.

Fibromyalgia – Information Folders.

Basic information on frequently asked questions for FM. sufferers.

Fibromyalgia – Arthritis Information Series.

From the U.S.A. (booklet)

Fibromyalgia – Fighting Back by Bev Spencer.

A handbook that encourages FM sufferers to fight the effects of the illness, and tells them how to do it.

Coping with Fibromyalgia by Beth Ediger.

A handy guide that covers diagnosis, symptoms, current treatments, coping skills and where to find out more.

Rheumatism – A Consumer's Guide by Dr. Littlejohn, a Melbourne Rheumatologist and one of Australia's leading authorities on the Fibromyalgia Syndrome.

****Fibromyalgia – What you can do about Chronic Pain and Fatigue ****

by Miryam Erlich Williamson

This is a very well written, recent publication, that is easy to read and understand. The author is a technical journalist who has written this book about FM after being unable to find the information, when she was diagnosed with this mysterious condition. It is very popular and inexpensive to purchase.

Fibromyalgia and Chronic Myofascial Pain Syndrome.

A Survival Manual

by Devin Starlanyl, M.D. and

Mary Ellen Copeland, MS, MA.

New Harbinger Publications, Inc.

ISBN 1 – 57224 – 046 – 6

Both authors are FMS sufferers and have written this publication well, although it is very expensive.

The Fibromyalgia Survivor

By Mark Pellegrino, M.D.

This book is packed with good advice and encouragement from a doctor who treats FMS and has Fibromyalgia himself.

The Fibromyalgia Supporter.

By Dr. Mark Pellegrino.

After reading Dr. Pellegrino`s newest book you will be better equipped to help your loved one, friend or co-worker lead the best, most productive life he or she can.

The Arthritis Helpbook - by Kate Lorig, RN, DR. PH and James F Fries, MD

4th Edition – now includes a section on Fibromyalgia.

Other Fibromyalgia Syndrome Resources

Available from good Book Shops

When the Pain is Real !!

Fibromyalgia : The Chronic Pain Syndrome.

by Teresa Kruchenberg

May Publishing., N.S.W., Aust., 1996.

ISBN 0 – 646 – 26759 – 0

(Another excellent book written by a FM Sufferer – for a good price!)

From Fatigued to Fantastic.

by Jacob Teitelbaum M.D.,

Avery Publishing Group

Garden City Park, New York, 1996.

ISBN 0 – 89529 – 737 – x

Fibromyalgia and Muscle Pain.

What causes it, How it Feels and What to do about it.

by Leon Chaitow, DO, MOR

Thorsons, London, 1995

ISBN 0 - 7225 - 3098 – 6

(An older, but well written book by a Naturopath well experienced in alternative pain management options)

Relief Without Drugs.

How to conquer tension, pain and anxiety.

By Ainslie Mears.

A new do-it-yourself method of total relaxation – includes simple techniques to relieve pain and strain, both mental and physical, and deals with the effects of anxiety and tension!

Holistic Pain Relief.

How to ease Muscles, Joints and Other Painful Conditions

By Leon Chaitow. DO, MRO, MD.

Thorson`s / Harper Collins 1997.

ISBN 0 – 7225 – 3436 – 1.

(an introduction to beneficial treatments that can be done at home).

The following resource List may be useful for FM sufferers when choosing options for symptomatic relief from many of the accompanying symptoms

Awareness through Movement.

Health Exercises for personal growth.
by Moshe Feldenkrais,
Arkana / Penguin Books, 1997.
ISBN 0 – 14 – 019257 – 3

(12 Key lessons selected. A clear, simple and easy to follow way to add to your overall vitality, creativity and approach to life).

Power over Panic.

Freedom from panic / anxiety related disorders.

by Bronwyn Fox.
Longman, Australia, 1997.
ISBN. 0 – 582 – 80953 – 3.

What anxiety disorders are and how to manage them successfully.

Living with It. A Survivor`s Guide to Panic Attacks

by Bev Aisbett.
Angus and Robertson – an imprint of Harper Collins, Aust, 1997.
ISBN 0 – 207 – 18040 – 7.

Additional Reading.

Relaxation / Stress Relief. “101 Shortcuts to Relaxation”

by Cathy Hopkins.
Bloomsbury 1997.
ISBN 0 – 7475 – 3130 – 7.

“You and Stress”. How to develop new coping skills and a healthier lifestyle.

by Dr. Bob Montgomery and Lynette Evans.
Penguin Books.
ISBN 0 – 14 – 025046 – 8.

“Mind and Body Stress Relief” with the Alexander Technique.

by Richard Brennan.
ISBN 0 – 7225 – 3504 – x.
Thorson / Harper Collins.

The Alexander Technique Self-Help Cassette.

This cassette is a perfect accompaniment to “Mind and Body Stress Relief” and gives clear and concise instructions on:

- How to eliminate unwanted tension.
- How to prevent or relieve back pain.
- How to improve your breathing.
- How to reduce your stress levels.
- How to clear your life from unwanted thoughts.
- How to practise the two Alexander Technique principles of Inhibition and Direction, and more.