

## **Fibromyalgia Resource List**

### **Basic diagnosis and treatment approaches to fibromyalgia**

Mayo Clinic – *Fibromyalgia: Understand How It's Diagnosed*

<https://www.mayoclinic.org/diseases-conditions/fibromyalgia/in-depth/fibromyalgia-symptoms/art-20045401>

Mayo Clinic - *Fibromyalgia* - Diagnosis and Treatment

<https://www.mayoclinic.org/diseases-conditions/fibromyalgia/diagnosis-treatment/drc-20354785>

### **FM Diagnostic Criteria**

2016 Fibromyalgia Diagnostic Criteria – Diagnostic Chart of fibromyalgia Symptoms <https://people.clarkson.edu/~lrussek/2016FMS.pdf>

2016 Fibromyalgia diagnostic criteria showing symptom locations

<http://www.bcwomens.ca/Specialized-Services-Site/Documents/Complex%20Chronic%20Diseases%20%28CCDP%29/FM%20Diagnostic%20Criteria%202016.pdf>

2016 Fibromyalgia symptom severity scale:

<https://southwest.devonformularyguidance.nhs.uk/documents/Referral-documents/fibromyalgia-criteria-table.pdf> ]

Mass. ME/CFS&FM Association video presentation on fibromyalgia by Paul Monach MD, Chief of Rheumatology at the Boston VA System

<https://www.youtube.com/watch?v=cJxJLs1zLWM>

Good general information on many aspects of fibromyalgia:

Fibromyalgia Network FAQs <https://www.fmnetnews.com/fibro-basics/fibromyalgia-faqs#1>

Finding the right physician: <https://www.fmnetnews.com/coping-resources/healthcare-providers>

## **Articles at Bruce Campbell's fibromyalgia and ME/CFS Self-Help website**

<http://cfselfhelp.org/library/self-help-cfids-and-fibromyalgia>

<http://cfselfhelp.org/library/got-fibromyalgia-theres-a-class-for-that>

## **Research showing association and distinctions between fibromyalgia and small fiber polyneuropathy**

Mass. ME/CFS&FM video presentation by Dr. Khosro Farhad MD on *Fibromyalgia and Small Fiber Polyneuropathy*:

Lecture slides: [https://www.massmecfs.org/images/pdf/Farhad\\_11-15\\_Fibromyalgia\\_SFPN\\_talk.pdf](https://www.massmecfs.org/images/pdf/Farhad_11-15_Fibromyalgia_SFPN_talk.pdf)

Video - <https://www.youtube.com/watch?v=ZJmuBSb91Vk>

Q&A - <https://www.youtube.com/watch?v=m36edvuqPVw>

## **Current research showing possible association of the immune system/NK cells, small nerve fiber disruption and fibromyalgia**

<https://www.healthrising.org/blog/2022/04/29/natural-killer-small-nerve-fibers-fibromyalgia/>

## **Chronic Pain Support Groups**

<https://www.verywellhealth.com/best-chronic-pain-support-groups-4845866>

## **Physician List for FM and ME/CFS from AMMES**

<https://ammes.org/physician-and-clinic-database/>

## **Comparison of drug treatments for Fibromyalgia**

*Comparison of Amytriptilene and U.S. Food and Drug Administration-Approved Treatments for Fibromyalgia: A Systematic Review and Network Meta-analysis*

Full article:

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2792390>

Article summary:

[https://www.massmecfs.org/images/pdf/SundayConversations2022/May2022/FM\\_Medications.pdf](https://www.massmecfs.org/images/pdf/SundayConversations2022/May2022/FM_Medications.pdf)