



Renowned Fibromyalgia expert Dr. Jacob Teitelbaum gives talk in Glasgow on this misunderstood condition.

Thursday August 21st 2008 Glasgow - The Pearce Institute – 1.30pm
840 Govan Road, Govan, Glasgow, G51 3UU

Fibromyalgia Association UK (FMA UK) and Fibromyalgia Friends Scotland (FFS) are delighted to announce that Dr Jacob Teitelbaum, a leading researcher in the field of Chronic Fatigue and Fibromyalgia will be conducting a talk at the Pearce Institute on the 21st August at 1.30pm. This will be part of Jacob's weeklong tour of the UK where he will be speaking about his latest findings and information about this painful and non-articular condition that predominantly involves muscle tissue.

Dr. Teitelbaum will speak about his personal experience of dealing with Fibromyalgia which is the most common cause of chronic, widespread musculoskeletal pain which affects between 2%-3% of the UK population. With the lack of official guidelines for treatment it is no surprise that many people suffer prolonged pain and fatigue because of inappropriate treatment or being told there is nothing that can be done.

In the UK we are seeking to have guidelines in place and constantly try to raise awareness amongst MPs, medical professionals and the general public, so that fibromyalgia is recognised and treated."

This meeting is open to all and will feature fibromyalgia sufferers from the Glasgow based Fibromyalgia Friends Scotland group, as well as sufferers from all over Scotland. Details of the event, as well as directions can be obtained from <http://www.fmauk.org/JT>

For Editors:

What is Fibromyalgia?

Fibromyalgia is a chronic condition of widespread pain and profound fatigue. The pain tends to be felt as diffuse aching or burning, often described as head to toe. It may be worse at some times than at others. It may also change location, usually becoming more severe in parts of the body that are used most.

The fatigue ranges from feeling tired, to the exhaustion of a flu-like illness. It may come and go and people can suddenly feel drained of all energy – as if someone just “pulled the plug”. Fibromyalgia Syndrome (fibromyalgia for short) is a common illness. In fact, it is as common as rheumatoid arthritis and can even be more painful. People with mild to moderate cases of fibromyalgia are usually able to live a normal life, given the appropriate treatment.

If symptoms are severe, however, people may not be able to hold down a paying job or enjoy much of a social life. The name fibromyalgia is made up from “fibro” for fibrous tissues such as tendons and ligaments; “my” indicating muscles; and “algia” meaning pain.

Fibromyalgia Association UK

Fibromyalgia Association UK was first established in 1992 to provide information to people with fibromyalgia. In 1997 it began working also with the 40 support groups around the country providing free information leaflets and books for sale. There are now over 120 support groups working with FMA UK and a network of regional coordinators who help set up new groups and arrange regional events such as meetings and conferences. The charity is mostly run by volunteers without whom we would not be able to provide the level of service we do.



Currently we supply information through our website, monthly magazine and professional and patient booklets. We have a national helpline for general enquiries about fibromyalgia and one specifically for benefit queries. We have also held national and regional conferences with international speakers for both people with fibromyalgia and medical professionals.

Our Medical Advisory Board is comprised of expert medical professionals in various disciplines who provide information for our publications and specific queries. The All Party Parliamentary Group on Fibromyalgia was formed in 2001 and holds regular meetings to inform MPs of the problems surrounding fibromyalgia and possible solutions.

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Fibromyalgia Friends Scotland

Fibromyalgia Friends Scotland was first set up in October 1995 in order to provide help, information, advice and support to people suffering from Fibromyalgia or interested in the condition. Although diagnosed by their Doctor or Hospital and given some information they are still trying to come to terms, understand and cope with an illness that at present there is still no cure for. That's where we come in. We are usually the final destination for people looking for help.

We are a support group with a telephone helpline covering the whole of Scotland. We meet once a month at Lorne Street Community Centre, 201 Govan Road, Glasgow to provide support and information to sufferers. We have guest speakers who come along to our meetings to help sufferers understand the condition and find ways of helping themselves. If you don't live in the Glasgow area we can supply you with information of your nearest support group where you can get help.

Our aim is to provide up to date information and direct people to the correct services or voluntary bodies for help. Most importantly we provide a point of contact and reassure sufferers that they are not alone. In the past we have received funding to put information packs into every hospital in Scotland so that when someone is diagnosed with Fibromyalgia they are given one of our packs and advised to contact us for assistance.

We also try to raise the Awareness of Fibromyalgia with the Government, the Medical Profession and the General Public by participating in Community Fundraising Events and displaying our information stand at Conferences and Voluntary Sector events.

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Jacob Teitelbaum, M.D.

One of the world's leading experts on effective treatments for Fatigue, CFS, Fibromyalgia and pain, Jacob Teitelbaum, M. D. regularly appears in national media such as CNN, FOX News, Oprah and Friends with Dr Oz, and USA Today.

Jacob is the director of The Annapolis Center for Effective CFS/Fibromyalgia Therapies. He battled Chronic Fatigue Syndrome and Fibromyalgia while attending medical school in the mid 70's. In his struggle to heal, he discovered treatments that were unknown to the medical community and began a quest that became his life's passion -- helping those who suffer from these debilitating illnesses.

The treatment program he developed has helped tens of thousands of sufferers reclaim the vitality CFS/FMS once robbed from their lives. Through his books, speaking engagements and private practice, he has been able to reach many sufferers.