



**For Immediate Release**

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## **Millions of Americans suffer from a mysterious chronic illness – and don't even know they have it.**

If you suffer from chronic pain, memory problems, and a lack of concentration, you could have a disease that has just recently begun to receive serious attention from the medical community. Five million Americans suffer from this disorder. Because it is often misdiagnosed or undiagnosed, many people aren't aware there is an explanation for their pain.

The condition is called fibromyalgia, or FMS. Symptoms include chronic widespread soft tissue pain, stiffness, insomnia, and an altered deep pain threshold. Because there are no visible symptoms, many FMS sufferers think they are imagining or exaggerating the pain.

Fibromyalgia can be described as an invisible, ongoing nightmare that others cannot see or feel," say Jenny Fransen, R.N., and I. Jon Russell, M.D., Ph.D, authors of the Fibromyalgia Help Book, a guide that gives people with fibromyalgia practical tools for effectively managing the syndrome.

Eighty-five percent of the FMS sufferers are women between the ages of 35 and 60. Research is finally revealing possible causes of the mysterious condition, and though no cure has been found, treatment of FMS is improving.

The Fibromyalgia Help Book provides a step-by-step explanation of how to cope with the syndrome and overcome its many hurdles. The book offers advice on working with your doctor, developing an exercise program, getting a good night's sleep, managing widespread pain and more, It also discusses the latest research findings about FMS.

"We have observed the suffering of our patients," say Fransen and Russell. "We hope to provide them encouragement, practical help, and courage to move forward."

The Fibromyalgia Help Book is available in bookstores nationwide or by calling Smith House Press at 888.220.5402 or [www.SmithHousePress.com](http://www.SmithHousePress.com).

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