

Fibromyalgia Treatment at the Rochester Center for Behavioral Medicine

What is Fibromyalgia?

Fibromyalgia and Chronic Fatigue Syndrome are overlapping conditions comprised of a myriad of symptoms including but not limited to:

Physical Symptoms:

- Muscle pain
- Skin Sensitivity
- Sleep disturbance
- Appetite Disturbance
- Head and facial pain
- Irritable Bowel Syndrome (IBS)

Cognitive Symptoms:

- Difficulty concentrating
- Dizziness
- Fatigue
- Memory Deficits
- Weakness
- Confusion

How is Fibromyalgia *diagnosed* at the Rochester Center for Behavioral Medicine?

RCBM welcomes individuals who have been diagnosed with Fibromyalgia or Chronic Fatigue Syndrome and those who suspect they may have these conditions. Answer the following questions to see if you might benefit from treatment (from the American College of Rheumatology):

1. Do you consistently feel weak or fatigued?
2. If so, has your fatigue and weakness lasted for 3 months or longer?
3. Do you have sleep or appetite disturbances?
4. Do you feel depressed, anxious or irritable?
5. Do you feel pain in all four quadrants of your body: above and below the waist and on both sides? Has this pain been present for at least three months?

Your physician will assess your symptoms and determine whether criteria are met for a diagnosis of Fibromyalgia.

How is Fibromyalgia *treated* at the Rochester Center for Behavioral Medicine?

The Rochester Center for Behavioral Medicine is aware that in addition to the physical symptoms of Fibromyalgia, sufferers also endure associated depression, confusion and irritability. Using the medical model, RCBM offers psychopharmacological and psychotherapeutic interventions to treat the physical, psychological, and cognitive symptoms of Fibromyalgia. Our program consists of:

- Non-opiate treatment of pain and fatigue symptoms, including the use of: Lyrica™, Cymbalta™, Provigil™, and other FDA-approved medications
- Therapeutic treatment of “fibro fog.”
- Medical and psychological treatment of comorbid conditions such as anxiety, depression and sleep disorders
- Exploration of patient’s lifestyle and how to promote healthier decision-making in their day-to-day lives, including input on diet, exercise, and other health-related topics

Who do I contact at the Rochester Center for Behavioral Medicine?

Contact Marie McMahon, LMSW, ACG, Program Director, at: (248) 608-8800 extension 258, in order to discuss beginning the diagnostic process or developing a plan for managing the symptoms of your Fibromyalgia. Marie coordinates treatment and facilitates the involvement of other RCBM clinicians who specialize in mind/body issues.

Joel L. Young, M.D. is the Medical Director and Founder of the Rochester Center for Behavioral Medicine. Dr. Young is a diplomate of the American Board of Psychiatry and Neurology with added qualifications in geriatric and forensic psychiatry. He often writes often about health-related topics, including the following Fibromyalgia-specific articles:

- “ADHD and Fibromyalgia: Related Conditions?,” in Fibromyalgia: The Complete Guide From Medical Experts and Patients, published by Jones and Bartlett, Inc., 2007.
- “Fibromyalgia, Chronic Fatigue, and Adult Attention Deficit Hyperactivity Disorder in the Adult: A Case Study,” *Psychopharmacology Bulltein, Volume 40: Number 1*, with Judy Redmond, M.A. 2007.
- “ADHD, Fibromyalgia, Chronic Pain, and Associated Syndromes,” Chapter in ADHD Grown Up: A Guide to Adolescent and Adult AD/HD, W.W. Norton, 2007.

Rochester Center for Behavioral Medicine~441 South Livernois, Suite 205~Rochester Hills, MI~48307
(248) 608-8800~www.rcbm.net