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FIBROMYALGIA QUESTIONS AND ANSWERS!

Did you know that it can take up to 5 years to diagnose Fibromyalgia? Fibromyalgia or FMS is recognized as a chronic pain illness, but the symptoms are so widespread and vary intensely on a daily, weekly, and even monthly basis that it makes diagnoses extremely difficult. Yet, 3-6 % of the US population, predominantly women is affected by FMS.

Symptoms of FMS include musculo-skeletal pain, stiffness, unusual tenderness, fatigue and difficulty sleeping. Any or all body parts may be involved in all four quadrants of the body. Fibromyalgia has a major impact on the person's life and affects their family, friends, and employers. There are no laboratory tests available to diagnose FMS only patient histories, examinations and the ruling out of other diseases provide a diagnoses, hence the reason for the lengthy diagnosis.

FMS has no known cause or cure, but treatments involve lifestyle adaptation to bring about improvement in functions and quality of life. Physical Therapists can play an important role in helping a patient improve their pain levels through patient education, guided exercise, myofascial release therapy, heat /cold modalities, and relaxation and breathing techniques. With the help of physicians and therapists together FMS patients can reduce pain levels and improve their quality of life.

RESULTS Physical and Occupational Therapy will offer free Fibromyalgia seminars on February 26th at 12:30pm and on March 5th at 5pm. This free opportunity to learn more about FMS and the benefits of Physical Therapy will be held at 890 Hammond Street, Bangor. If you are interested in attending one of the seminars please call 992-4042 to reserve a seat.

The Misspelled Word Game Is Back! Once you find the misspelled word call the Bangor office at 992-4042. If you correctly identify the word you will be entered to win our monthly prize. This month the prize will be a \$10.00 movie pass. Good luck and happy searching! Winner will be drawn on February 27th.

FREE SEMINARS IN JANUARY WERE A BIG HIT!

Despite the stormy weather, we still had a decent turn out at the seminars offered in January. We had great interest in the study technology and are planning a second informational in-service. We are looking at dates in mid March to hold not only an in-service but also to open the course room to those interested in starting a course on Study Skills or Learning How To Learn. For more information call Carol at 992-4042. Look for more details to come in the March Newsletter.

Results also participated in the Chill and Fill event a Red Cross Blood Drive held on January 30th at The Spectacular Events Center. Over 160 people came out to donate blood. Those that braved the cold to attend were treated to free screening coupons, water bottles, and posture screenings by Results. Other businesses were also there to help give back to the community that came out to donate. Results sponsored an hour of the Kiss 94.5 live broadcast and even gave Mike from the station a free posture screening. He says that he has been referred to as "The Hunchback of Houlton Maine"!!

PATIENTS RESULTS

"It was a great experience working with the Dexter team. They helped me improve my back pain and made me feel comfortable. Before therapy my back used to hurt so bad and it kept me up at night. Now I can sleep through the night without any pain and no Tylenol. It is just great! I would recommend this program to anyone with back



problems. It really worked for me!"
-G.C.

"I can now go shopping without pain! I went to Wal-Mart and was in there for over an hour and came out feeling great. The first time in years. I can also do my house-work without pain!"

-P.B.