

Wellness Solutions for Fibromyalgia

Rochester, MD: Mayo Clinic & Gaiam, 2008. 90 min.

This DVD is one of a series of titles produced by the prestigious Mayo Clinic and Gaiam, the Health and Wellness experts. It includes a 30 minute segment with a Mayo clinic specialist, information on nutrition, and finally a 40 minute yoga and meditation session designed to relieve the symptoms of fibromyalgia and release tension.

Availability for loan:

FB 515 M29 2008 Health Information & Wellness Centre, both locations
646.742 MAY Toronto Public Library System

COMMUNITY RESOURCES

The Arthritis Society Ontario

393 University Avenue, Ste. 1700
Toronto, ON M5G 1E6
Tel: 416-979-7228 OR
1-800-321-1433
Email: info@on.arthritis.ca

Mississauga Fibromyalgia Support Group

Meets 5970 McLaughlin Road
Mississauga, ON L5R 3X9
Tel: 905-625-6425

**Oakville Trafalgar Memorial Hospital
Fibromyalgia Program**

327 Reynolds Street
Oakville, ON L6J 3L7
Tel: 905-338-4613
<http://tinyurl.com/klfome>

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

Fibromyalgia



INTERNET SITES

The National ME / FM Action Network

<http://www.mefmaction.net>

This is a Canadian non-profit organization whose aim is to advance the understanding of both Chronic Fatigue and Fibromyalgia Syndromes. The website provides some information on the disorders along with articles of interest. A modest fee is charged for membership, which provides access to twice-yearly newsletter *Quest*, research reports, and additional resources.

The Arthritis Society - Fibromyalgia

<http://tinyurl.com/prpqs>

The Arthritis Society is the major arthritis organization in Canada. It provides comprehensive information about fibromyalgia at its site, including symptoms, diagnosis, medications, exercise, and lifestyle management.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases

<http://www.niams.nih.gov>

NIAMS is part of the U.S. National Institutes of Health, and its purpose is to support research in the area of arthritis, musculoskeletal, and skin diseases. Some general information about fibromyalgia is available at its website. To access this, click on 'F' under the Health Information Index at the homepage and then select fibromyalgia from the resulting display.

National Fibromyalgia Association

<http://www.fmaware.org>

This is a non-profit U.S. based organization dedicated to improving the quality of life for people with fibromyalgia. Its website contains general information about the condition, as well

as access to relevant articles and reports.

National Fibromyalgia Partnership

<http://www.fmpartnership.org>

This is a non-profit educational organization whose aim is to make medically accurate information on fibromyalgia more available. The website gives access to some articles and reports at no charge. Payment of a small membership fee provides access to more resources as well as other benefits.

Medline Plus

<http://www.medlineplus.gov>

This authoritative site has a very long list of links to articles and features on fibromyalgia, including an Interactive Health Tutorial which allows the user to follow a slide show with sounds and pictures. At the Medline Plus homepage, click on Health Topics, the first link listed. This will take you to an alphabetic display - click on F and then follow the link for Fibromyalgia.

BOOKS

Fibromyalgia & Chronic Fatigue Syndrome: 7 Proven Steps to Less Pain & More Energy by Fred Friedberg. Oakland, CA: New Harbinger, 2006

This book explains how a stressful lifestyle can impact the severity and persistence of Fibromyalgia and CFS. It shows how to use relaxation techniques, improve sleep patterns, and choose pleasurable activities which contribute to overall well-being.

Availability for loan:

FB 515 F74 2006 Health Information & Wellness Centre, both locations
616.0478 FRI Toronto Public Library System

Treating & Beating Fibromyalgia and Chronic Fatigue Syndrome by Rodger H. Murphree. Birmingham, AL: Harrison and Hampton, 2006

In the third edition of this popular guide, Dr. Murphree explains his holistic approach to Fibromyalgia and Chronic Fatigue Syndrome. It aims to slowly restore normal sleep, decrease pain, and improve energy.

Availability for loan:

FB 515 M87 2006 Health Information & Wellness Centre, both locations
616.74 MUR Mississauga Library System

Alternative Treatments for Fibromyalgia & Chronic Fatigue Syndrome by Mari Skelly and Helen Walker. Alameda, CA: Hunter House, 2007

The updated second edition of this book is useful for those seeking alternative treatments to provide relief from their symptoms. Many different therapies are discussed, and the book includes case histories and expert comment.

Availability for loan:

FB 515 S53 2007 Health Information & Wellness Centre, both locations
616.74 SKE Toronto Public Library System

Fibromyalgia: Simple Relief Through Movement by Stacie L. Bigelow. New York: John Wiley, 2000

This book presents clear and specific advice on how to use movement safely and effectively to ease the pain of fibromyalgia. It outlines which activities will reduce pain, how to condition muscles, and how to stretch properly.

Availability for loan:

FB 515 B44 2000 Health Information & Wellness Centre, both locations
616.74 BIG Toronto Public Library System