



Reducing the factors that interfere with relief.

What is fibromyalgia?

Fibromyalgia is a chronic, non-progressive disease with a wide range of symptoms, including pervasive muscle aches, stiffness, profound fatigue, soft-tissue tenderness, sleep difficulty and more. Pain can occur anywhere in the body and ranges from mild to intense. It is often weather sensitive. Because there is such a wide presentation of symptoms it is not uncommon for fibromyalgia patients to be both under and over diagnosed.

What causes fibromyalgia?

The cause of fibromyalgia is not known, but we do know that numerous factors that can aggravate it. While it can start after an injury or other event, most often the reason for its onset has no obvious cause. Osteoarthritis, immune system disorders, a history of endometriosis, infection, clotting abnormalities, and lax ligaments or hypermobility may all play a role. In short there is no singular cause of fibromyalgia and not all patients with fibromyalgia have the same underlying problems.

What are fibromyalgia's symptoms?

Fibromyalgia is characterized by its wide-ranging, sometimes debilitating symptoms, nearly all of which are also associated with other disorders. In addition to pain and fatigue, brain fog, irritable bowel, irritable bladder, interstitial cystitis, pelvic and non-cardiac chest pains are common complaints. In other words, fibromyalgia can't be reliably identified by its symptoms. It is a diagnosis of exclusion, which means that all other possible diagnoses must be ruled out first.

How is it diagnosed?

There is no single, objective test or exam that detects fibromyalgia. As a result different studies that evaluate the components of it must be employed instead. These most frequently are focused on the neuro-musculoskeletal, vascular, and immune systems. In addition, there are, 18 defined locations on the body that, if any 11 are

tender for three months or more, suggest the presence of fibromyalgia. While the modern healthcare environment does not make it easy for physicians to spend the necessary time required to make a proper diagnosis with concerted effort it is possible to isolate many of the underlying factors.

Relief is possible.

Many patients with fibromyalgia have given up on traditional medicine. They have not been helped, or believed, and as a result they think there is no one out there that cares. At Piedmont Physical Medicine & Rehabilitation, Dr. Schwartz knows that a great deal of the pain and fatigue associated with fibromyalgia can be relieved. The key is finding those conditions that can be treated and then decreasing the total number of problems interfering with getting well. This is called reducing total load, and it is credited with putting numerous patients back onto a healing path.

Success Indicators.

There are not many clinics with enough focus on fibromyalgia to have success indicators that actually demonstrate improved outcomes with care. While there are no touchdown passes with fibromyalgia at Piedmont Physical Medicine and Rehabilitation, PA, eighty per cent report an improvement in function, reduction in frequency of severe episodes, greater acceptance of their diagnosis and condition, and have avoided functional decline after one year. Less pain. More function. Greater acceptance. That counts.

A simple, innovative way to treat a complex problem.

Fibromyalgia patients hurt, are fatigued, often have immune compromise and have little reserve to handle additional stress. By providing methodical treatment directed toward each of the underlying contributing factors Dr. Schwartz has discovered that over time quality of life can be improved upon. Dr. Schwartz gives your body a chance to heal. Plus, with more than 30 years of experience and innovation with complex-pain disorders, Dr. Schwartz has a unique understanding of what you're going through... and how to help you get relief.

Resolving even the most complex pain with innovative solutions and proven



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